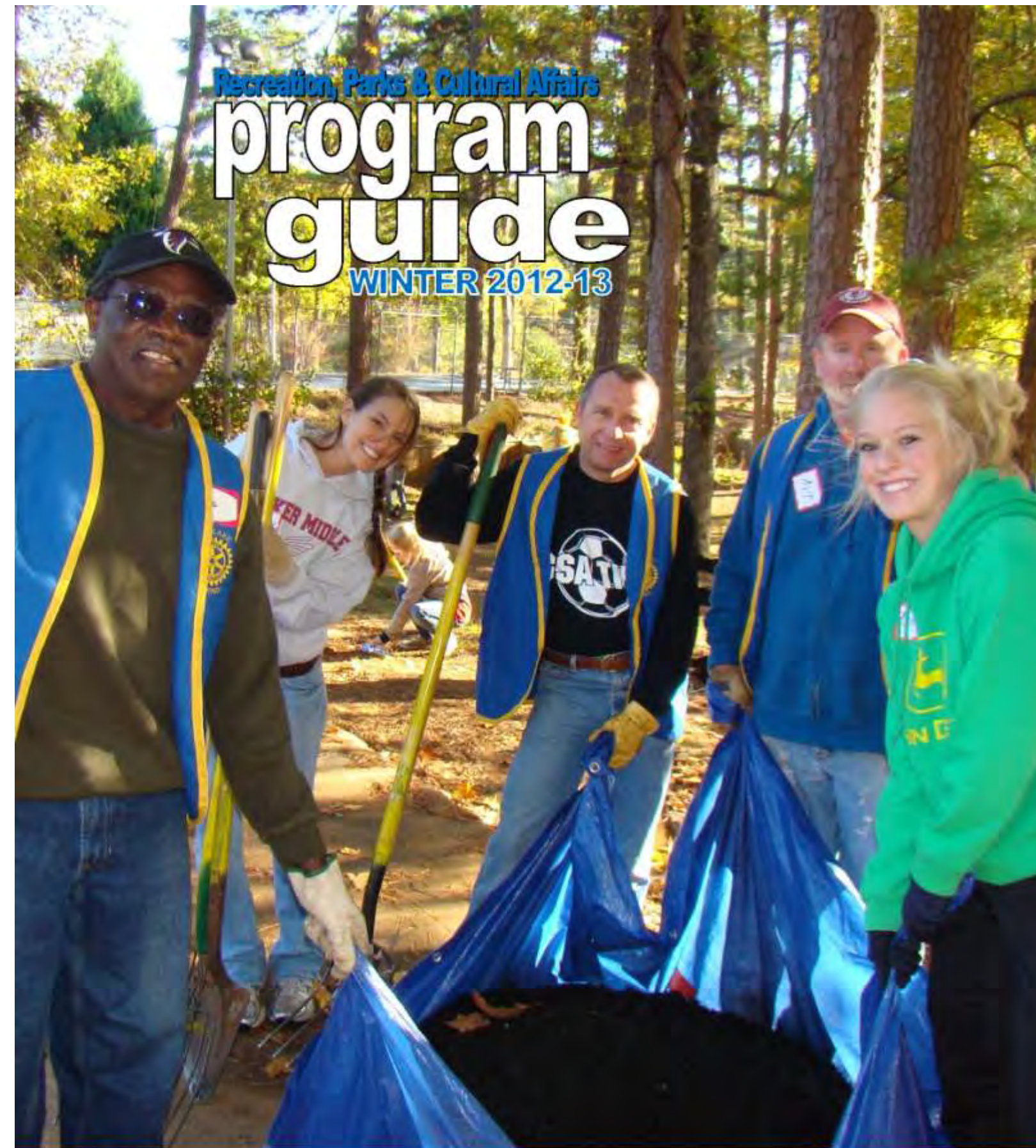


Recreation, Parks & Cultural Affairs

program guide

WINTER 2012-13



December - January - February



**DON'T STAY AT HOME
THIS SPRING BREAK . . .**

**LEAVE MOM AND DAD
AT HOME AND
JOIN US AT SPRING
BREAK CAMP!**

**DEKALB COUNTY
SPRING
BREAK
CAMP
APRIL 8 - 12, 2013**

Spring Break Camp brings a slice of summer to the month of April for one week. Attend this camp at any of our recreation centers.

**MONDAY-FRIDAY
7:00AM - 6:30PM
AGES: 5-12**

\$25 FOR WEEK

OR \$6 PER DAY
EACH PARTICIPANT MUST BRING
OWN LUNCH AND SNACK

DeKalb County Department of Recreation, Parks & Cultural Affairs

Administrative Office
Manuel J. Maloof Building
1300 Commerce Drive, 3rd Floor
Decatur, Georgia 30030
404-371-2711
404-371-3088 (fax)

Hours of Operation
Monday - Friday
8:30am - 5pm

Director
Roy E. Wilson, 404-371-3005

Deputy Director
Marvin F. Billups, Jr., 404-371-4925

Recreation Centers & Parks Division Managers
Bernita A. Reese, 404-371-6273 (West)
Al Sheppard, 404-371-6270 (East)

Marketing & Communications
Dawn Cribb, 404-371-6295
LaShanda Davis, 404-371-3643

Athletics & Aquatics
Michael Cavanaugh, 770-414-2113
Adia Nicholson, 770-414-2111
Softball Rain-out Line, 770-414-2120

Porter Sanford Performing Arts & Community Center
David Manuel, Executive Director, 404-687-2737
Cynthia Benefield, Center Coordinator, 404-687-2732

Special Events
Jackie Swain, 404-687-2751

Safety & Security Coordinator
Mark Bowman, 678-858-5141
If there is an emergency, please dial 9-1-1 for assistance.

Pavilion Reservations
Anya Shepherd, 404-371-2902

MISSION STATEMENT
The Department of Recreation, Parks and Cultural Affairs' mission is to provide safe parks and facilities, enhance the quality of life as a provider of recreation and cultural experiences and ensure a customer focused parks system.

Photo Policy
DeKalb County Department of Recreation, Parks & Cultural Affairs staff may photograph participants in programs and special events, or people in parks or on park property, and use these images in Recreation, Parks & Cultural Affairs materials to promote activities, events and facilities.

General Facility Usage
The facilities and services of DeKalb County Recreation, Parks & Cultural Affairs are available to all without regard to race, color, religion, sex, age, national origin, physical or mental disabilities.

Recreation, Parks & Cultural Affairs program guide WINTER 2012-13

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How are we doing?

Online or in writing, you can help us improve our customer service by filling out a quick survey form or sending us a quick message. Visit www.dekalbcountyga.gov/parks or email prdirector@dekalbcountyga.gov.

Message from the DIRECTOR

Dear Friends,

Welcome to your 2012-2013 Winter Recreation Program Guide! Grab your hot chocolate, warm clothes, friends and family to explore DeKalb County's endless recreation activities and enjoy an endless number of programs offered. Through this guide, the Recreation, Parks and Cultural Affairs Department

provides you with a quick and easy way to identify the leisure activities of your choice and explore our parks, facilities and special events. As you will see we are continually moving forward in answering all the recreational needs of the community, while striving to create an environment that everyone will not only enjoy, but be proud of. Most importantly, it is our duty to ensure you have the best leisure experiences possible as you become an active participant in DeKalb County Parks.

I am enthusiastic to begin another season and year enjoying our parks with you in DeKalb. The investment we have made in parks throughout the County is significant, and you are exploring your parks in a whole new way.

The Department of Recreation, Parks and Cultural Affairs' mission is to provide safe parks and facilities, enhance the quality of life as a provider of recreation and cultural experiences and ensure a customer focused park system.

As employees, our primary goal is to fulfill our mission through enhancing the health and wellness of the constituents of DeKalb County.

As we move into a new season of parks, I hope you and your family find ways in our parks, programs and activities to make memories that will last a lifetime. So please enjoy this year's winter guide and we look forward to seeing you soon!

Best Regards,

Roy

Roy E. Wilson, Director

DEKALB COUNTY GOVERNMENT

Chief Executive Officer
W. Burrell Ellis, Jr.

Board of Commissioners
District 1
Elaine Boyer

District 2
Jeff Rader

District 3
Larry Johnson

District 4
Sharon Barnes-Sutton

District 5
Lee May

Super District 6
Kathie Gannon

Super District 7
Stan Watson

RECREATION, PARKS & CULTURAL AFFAIRS CITIZENS ADVISORY BOARD MEMBERS

Carolyn Taggart, Chairperson

Beth Nathan

Jamie Laubenthal

Jerrie Bason

Mariama Covington Boone

Richard Alvarez

Rochelle Callender

Scott Taylor

Donna Edler



Porter Sanford III Performing Arts & Community Center
3181 Rainbow Drive | Decatur, GA 30034



Black Top Circus Afterschool Program
Instructor: Andrew Swift
Mondays - Fridays 2:30 - 6:30pm
\$60 per child with pick-up
\$45 per child with drop-off

Chicago Style Stepping Classes
Instructor: Steven Matthews
Thursdays
7 - 9pm
\$12 per session

Quilting Workshop
Instructor: Belinda Predroso
Every 4th Saturday of each month
1 - 4pm
Free Admission



Premiere Actors' Network Acting Classes
Instructor: Dwayne Boyd
Mondays - Wednesdays
7:30 - 10:30pm
Saturdays
11am-12:30pm
\$75 per month

McClendon Performing Arts Institute
Instructor: Denise McClendon
Mondays - Thursdays 6 - 9pm
\$75 - \$200 per month

M3 Power
Instructor: Trina Gilbert
Mondays & Wednesdays 5 - 9pm
Saturdays 9am - 4pm
\$45 per month

SPECIAL EVENTS

Peach State Steppers
3rd Fridays of the Month

Senior Monthly Movies
January 29 / February 26 / March 26
10:30am
\$1 donation accepted

Hispanic Flamenco Ballet School Show
March 12, 2013
7:30am - 1pm

JFly Community Music Concert
March 23, 2013

COMMUNITY ROOM AVAILABLE

Reserve for two hours FREE!
Available for small group meetings of 10 people or less
Available Hours
Monday - Friday 10am - 8pm
Saturday 10am - 6pm
Sunday Not available

To reserve this room, call 404-687-2732



Briarwood Recreation Center

2235 Briarwood Way
Atlanta, GA 30319
404-679-5911

Facility Hours

Monday – Wednesday & Friday
11am – 7pm

Thursday

1 – 9pm

Facility Staff

Evelyn Ellington, Center Leader



ADULT PROGRAMS

ESOL (English for Speakers of Other Languages)

ESOL is a class taught by the Literacy Volunteers of America. The class is centered on teaching citizens of other countries the English language.

Level: All
Ages: 18 and up
Mondays and Thursdays
12:30 – 2pm and 5:30 – 7pm
Free

Briarwood Book Club

Would you like to meet a few new friends in the Brookhaven/Buckhead area who are avid readers? Enjoy weekly book discussions that are sometimes hilarious, but definitely heartwarming and thought provoking.

Level: All
Ages: 18 and up
Wednesdays
6 – 7pm
Free

Friends of Briarwood Park

Neighbors of Briarwood have formed a group on behalf of the park! The group meets to discuss improvements, fundraising ideas and park beautification projects.

Ages: 18 and up
1st Tuesdays of each month
6-7pm
Free

YOUTH PROGRAMS



Bulldog Basics

Basic mentoring for school aged youth which include tutoring, homework assistance physical activities and free play.

Ages: 5-12
Mondays - Fridays
3:30 – 6:30pm
Free

Toddler Time

Tiny Tots learn and play! Toddlers will learn basic cognitive skills such as colors, numbers and shapes. Create fun craft activities and make new friends.

Level: All
Ages: 3 – 5
Tuesdays
10am – 11am
Free

College Bound

Are you a high school student and unaware of the opportunities and financial assistance available for college? This program will explore the financial aid tools available, discuss SAT/ACT tests and scores and tour local colleges.

Ages: 14-18
Mondays
6 – 7pm
Fee: Free

Tasty Treats & Theater Tuesdays

Come out and enjoy some of your favorite movies and a tasty treat. Parental guidance is suggested.

Ages: 3-13
Tuesdays
5 – 7pm
Free

GET YOUR CHILD INVOLVED WITH THE ARTS!



MUSIC
ART
DANCE
ACTING

H.E.A.T. (Holistic Education for the Advancement of Teens)

Ignite the flame of possibilities! Team members from HEAT will teach and discuss some of the struggles that may come along with the everyday life of being a teenager.

Ages: 11-18
Thursdays
4 – 6pm
Free

Indoor Soccer

Learn the basics and fundamentals of soccer from kicking, passing to head shots.

Level: All
Ages: 7-12
Wednesdays
4 – 5pm
Free

Adult Free Play Basketball

The gym is open for patrons 18 and older on Thursdays. Adults are given full access to the gym and an opportunity to play basketball without having to share the court with the youth.

Level: All
Ages: 18 and up
Thursdays
6 – 9pm
Free

Nature and Wilderness

Discover and learn the various types of leaves and trees in the area. Collect items from the natural habitat to create an art project.



Ages: 5 – 12
Thursdays
3 – 4pm
Free

SPECIAL EVENTS

Holiday Cookie Workshop

Enjoy decorating cookies for the holidays and learn about the history of the holiday.

Level: All
Ages: 5-12
4:30 – 6pm
Free
December 21 & February 14

Holiday Happiness

Learn about other cultural holiday celebrations and participate in family activities and customs.



Ages: 5-12
December 18, 2012
5 – 6pm
Free

Black History Contest

In honor of black history month, we will host a black history story telling contest. Participants will choose a history figure and share the importance and impact they had in history and lives of African Americans. A prize will be given to the winner.

Level: All
Ages: 5-12
February 25, 2013
4:30 – 6pm
Free



Enriquecimiento de la vida

ESOL (English for Speakers of Other Languages)
ESOL es una clase impartida por los voluntarios de alfabetización de América. La clase se centra en enseñar a los ciudadanos de otros países el idioma inglés

Nivel: todos
Edad: adultos
Fechas: Lunes y Jueves
Tiempo: 12:30-2pm y 5:30-7pm
Cuota: gratis

Amigos de Briarwood Park

Vecinos de Briarwood han formado un grupo en nombre del Parque! El grupo se reúne para discutir mejoras, ideas para recaudar fondos y proyectos de embellecimiento del parque.

Edad: adultos
Fechas: 1^{ra} el martes de cada mes
Tiempo: 6-7pm
Cuota: gratis

Jóvenes y adolescentes

Tiempo de niño

Tiny Tots aprenden y jugar! Los niños aprenderán habilidades cognitivas básicas como colores, números y formas. Crear diversión actividades del arte y hacer nuevos amigos.

Nivel: todos
Edades: 3-5
Fechas: Martes
Tiempo: 10-11am
Cuota: gratis

Sabrosas delicias & Teatro martes

Salir y disfrutar de algunas de sus películas favoritas y un festín. Se sugiere la orientación de los padres.

Edades: 3-13
Fechas: Martes
Tiempo: 5-7pm
Cuota: gratis

Conceptos básicos de Bulldog

Orientación básica para la escuela de jóvenes que incluyen tutoría, actividades físicas de asistencia de tarea y juego libre.

Edades: 5-12
Fechas: Lunes - Viernes
Tiempo: 3:30 -6:30pm
Cuota: gratis

Universidad Bound

¿Eres un estudiante de secundaria y conscientes de las oportunidades y ayuda financiera para la Universidad? Este programa será explorar las herramientas de ayuda financiera disponibles, analizar las pruebas SAT/ACT y partituras y colegios locales de tour.

Edades: 15-18
Fechas: Lunes
Tiempo: 6-7pm
Cuota: gratis



H. E. A. T. (educación holística para el adelanto de los adolescentes)

Encender la llama de posibilidades! Miembros del equipo de calor enseñará y discutir algunas de las luchas que ven junto con la vida cotidiana de ser adolescente

Edades: 11-18
Fecha: Jueves
Tiempo: 4-6pm
Cuota: gratis

Atletismo y deportes

Baloncesto juvenil y animadora

Condado de DeKalb alberga baloncesto para 2013. Los niños salen y aprenden los fundamentos del baloncesto. Niños y niñas se llegan a competir contra otros equipos de otros centros de recreación en todo el condado. Las niñas también aprenderán los conceptos básicos y fundamentos de las animadoras y animar a sus equipos a la victoria.

Nivel: todos
Edades: 6-18
Fechas: Diciembre-marzo
Cuota: Baloncesto \$65 animadora \$60



Adultos Free Play Basketball

El gimnasio está abierto para clientes de 18 años y mayores los jueves. Adultos reciben acceso completo al gimnasio y una oportunidad para jugar al baloncesto sin tener que compartir el Tribunal con la juventud.

Nivel: todos
Edades: 18+
Fechas: Jueves
Tiempo: 6-9pm
Cuota: gratis

Fútbol sala

Aprender los conceptos básicos y fundamentos del fútbol de patadas, pasando a disparos a la cabeza.

Nivel: todos
Edades: 7-12
Fechas: Miércoles
Tiempo: 4-5pm
Cuota: gratis

Naturaleza y espacios naturales

Aprender sobre hojas

Descubrir y aprender los distintos tipos de hojas y árboles en la zona. Recoger elementos de hábitat natural para crear un proyecto de arte.



Nivel: todos
Edades: 5-12
Fechas: Jueves
Tiempo: 3-4pm
Cuota: gratis

Eventos especiales

Concurso de historia negra

En honor al mes de historia negra, nos acogerá un concurso de cuentos de historia negra. Los participantes se elige una figura de la historia y comparten la importancia y el impacto que tuvieron en la historia y vida de los afroamericanos. Se dará un premio al ganador.

Edades: 5-12
Fecha: 25 de febrero de 2013
Tiempo: 4:30-6pm
Cuota: gratis

Eventos especiales



Holiday cookies talleres

Disfrutar de decoración de galletas para las fiestas y conocer la historia de la fiesta.

Edades: 5-12
Fechas: 21 De diciembre & 14 de febrero
Tiempo: 4:30-6pm
Cuota: gratis

Felicidad de vacaciones

Aprender sobre otras celebraciones culturales y participar en actividades familiares y costumbres.

Edades: 5-12
Fecha: Diciembre 18, 2012
Tiempo: 5-6pm
Cuota: gratis



Browns Mill Recreation Center

5101 Browns Mill Road
Lithonia, GA 30038
770-593-5874

Facility Hours

Monday – Thursday 10am – 9pm
Friday 11am – 7pm
Saturday 10am – 3pm

Facility Staff

Robert Haygood, Center Director

DANCE

Be taught by a trained professional and learn the techniques and movement of basic ballet, tap, hip hop and creative movement. This class is open to males and females.

Instructor: Aya Pornpimol	
Ages: 4 and up	
Mondays–Thursdays	4:30–7:30pm
Saturdays	10:30am–1:30pm
\$70 per month	

Taekwondo

This class will build on self-discipline and teach self-defense. This Olympic-style sparring is fun and friendly for all ages.

Instructor: Elliott Hollinger	
Ages: 5 and up	
Mondays – Thursdays	
4 – 6:45pm	
\$60 per month	

Where Stars Are Born (Drama Class)

Have fun and be entertained in a performing arts setting. Youth and adults are given an opportunity to develop their talent in all aspects of theatre and entertainment.

Instructor: Nikisha Cooks	
Ages: 5 and up	
Saturdays	
10:30 – 11:45am	
\$15 per week	



Custom Art Classes (Adults Only)

Explore the mediums, improve your techniques and meet other art enthusiasts. Introduce yourself to the fundamentals of drawing or basic color and composition of acrylics painting; enjoy art paint parties and portrait painting.

Instructor: Chandra Devae	
Ages: 18 and up	
Wednesdays	
5:30 – 8pm	
\$40	

Beginning Band and Music Lessons

Introduction to music and the various instruments.

Instructor: Cory Bostic	
Ages: 5 and up	
Saturdays	
10 – 11:30am	
\$15 per week	

ZUMBA

Latin Dance-Fitness fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that's so much fun, you won't even realize you're working out! So join the party! Burn the calories, get stronger, loosen up, and get your energy pumping.

Instructor: Ina	
Ages: 6 and up	
Wednesdays	
6 – 7pm	
\$8 per class	

Junior Tennis

A youth developmental tennis program which teaches the basic techniques and skills of the game.

Instructors: James Hardy and James Rickenbacker	
Ages: 8 – 18	
Tuesdays–Thursdays	4 – 6pm
Saturdays	8am – Noon
\$50 per month plus a \$20 registration fee	

Total Body Fitness Workout

This is an exercise training and conditioning class.

Instructor: Ozell Hayes III	
Level: All	
Ages: 18 and up	
Tuesdays and Thursdays	
6:30 – 7:45pm	
\$30 per month	

Adult Tennis

Learn the basic fundamentals of tennis that is tailored to the skill level of all adult players.

Instructors: James Hardy	
Day: Saturdays	
7:30am – 9am	
\$50 per month plus a \$20 registration fee	

Instructional Youth Basketball (co-ed)

Development of basketball skills and agility using techniques that will provide positive results.

Instructor: Elton Blackmon	
Ages: 6-8	
Mondays	
6:30 – 7:30pm	
\$20	

Cheerleaders

Ages: 5-12	
Mondays and Wednesdays	
5 – 6pm	
\$60	

Youth Basketball

Ages: 6-18	
Mondays – Fridays	
5 – 9pm	
\$65	

Girl Scouts

Enjoy fun exciting activities as you learn how to develop leadership skills.

Ages: 5 and up	
Saturdays	
10am	
Free	

Biology Exploratory Adventure

Students are motivated and prepared to explore science courses through laboratory experiments in a safe, supervised and fun environment.

Instructor: Gladys Delaney-Bolding	
Ages: middle to high school students	
Saturdays	
5pm	
\$250	

4-H Club

4-H is the cooperative extension system's dynamic non-formal educational program for youth. It's known nationwide for engaging youth and giving them the power to take action.

Ages: 10 – 15	
Wednesdays	
4:45 – 5:45pm	
Free	

Spanish (Adults)

Learn to speak the basics of Spanish. If you would like to improve on your skills this is the class for you. Bring an open mind and good sense of humor to make learning Spanish fun.

Instructor: Maria Montoya	
Saturdays	
10am – Noon	
\$35 for (6wks)	

Book Club (Teens)

Enhance your ability to grow academically and improve your comprehensive skills. Weekly forum to network, develop friendships and improve your public speaking skills and reading ability.

Instructor: Belinda Rhinehart	
Wednesdays	
7 – 8pm	
Free	

Orientation to Nature

If you enjoy the great outdoors, then you will love learning about different wild life species and plant life. Come out and take a walk on the wild side of Georgia.

Ages: 10 and up	
Saturdays	
1 – 2pm	
Free	

Gardening

If you enjoy getting your hands dirty then gardening is the activity for you.

Ages: 13 and up	
Saturdays	
10am – Noon	
Free	

Chess Club

As each piece is introduced, students play pre-chess games. When the king is introduced, students learn about check, checkmate, stalemate, and all the special moves of chess and are ready to play full games.

Level: Beginner and Intermediate	
Ages: 8 and up	
Tuesdays and Thursdays	
5 – 6:15pm	
Free	



Parent's Night Out

Parents are allowed to take some time off and have some fun. Parents can leave their children for entrainment, food, sports and fun.

Ages: 5 – 12	
Last Fridays of the month	
7 – 10pm	
\$ 10	

Enroll in a class **TODAY** and check out our new renovations!

Open Gym (Basketball)

Come play in friendly competition while playing organized pickup game.

Ages: 13 and up
Tuesdays and Thursdays
5:45 – 8:30pm
Free



Let's Move

Movement and exercise with dance, aerobics, walking and sports.



Ages: 6-12
Mondays – Fridays
4:30 – 5:30pm
Free



DEKALB COUNTY YOUTH SPRING SOCCER

REGISTER NOW – FEBRUARY 15, 2013

REGISTRATION FEES

U6 (4 & 5 yr. olds) - \$45	U12 (10 & 11 yr. olds) - \$75
U8 (6 & 7 yr. olds) - \$55	U14 (12 & 13 yr. olds) - \$85
U10 (8 & 9 yr. olds) - \$65	

*\$10 late fee is added after February 15, 2013

Exchange Recreation Center

2771 Columbia Drive
Decatur, GA 30034
770-593-5874

Facility Hours

Monday – Friday
10am – 7pm

Saturday
9am – 3pm

Facility Staff

Nick Clark, Center Director
Shannon Murray, Center Leader

Billionaire Boys Club

This is a male youth empowerment program to build strong minds, bodies and increase self-esteem.

Instructors: Bobby Frazier
Ages: All
Tuesdays
6 – 7pm
Free

Girl Scouts

Helping girls develop their full individual potential; relate to others with increasing understanding, skill, and respect; develop values to guide their actions and provide the foundation for sound decision-making; and contribute to the improvement of society through their abilities, leadership skills, and cooperation with others.

Ages: 5 – 12
2nd Saturday of each month
10am – 1pm
Free

African Drum Lessons

Learn different types of drums, sounds and tunes from the African culture.

Instructors: Patricia & Joyce
Ages: 5 - 12
Thursdays
6 – 7pm
Free

ENVIRONMENTAL Fishing Club

Let's go fishing! Learn how to bait, cast and release fish properly.

Instructors: Exchange Staff
Ages: All
Wednesdays
10am – Noon
Free

Community Garden Club

Build a garden from plot to harvest. Learn about the various soil types that will increase the production of healthier vegetables from season to season.

Instructors: Exchange Staff
Ages: All
Mondays – Fridays 10am – 6pm
Saturdays 9am – 3pm
Free

CULTURAL ARTS

Visual Arts

This program is designed to allow the youth to express themselves in an artistic manner such as through painting, drawing or coloring.

Instructor: Amos Arts Academy
Ages: 5 - 12
Wednesdays
3:30 – 4:30pm
Free

Stop Drop Everything & Read

Calling all readers! Pull up a chair and enjoy your favorite book.

Instructors: Exchange Staff
Ages: 5 – 12
Mondays and Fridays
2:30 – 3pm
Free

Instructional Basketball

This program is designed to teach the fundamentals of basketball.

Ages: 5-8
Mondays
6 – 7pm
\$25



Youth Cheerleading

This program is designed to promote friendly competition while playing an organized game of basketball.

Ages: 5-13
Saturdays
\$60

(See staff members for details on uniforms and what is required)

SPORTS & FITNESS

Open Gym

Offers the benefits of adaptive exercise at your own pace and schedule. Although staff will be present, participants are expected to partake independently.

Ages: 18 and up	
Tuesdays & Thursdays	10am – 1pm
Saturdays	9 – 11:30am
Free	

Ages: 35 and up	
Mondays & Fridays	Noon – 2pm
Wednesdays	10am – 1pm
Saturdays	1 – 3pm
Free	

Adult Men's Basketball League

Men ages 21 and up can register now through November 30th. Leagues start in December.

Ages: 21 and up	
Thursdays	
6:30pm, 7:30pm and 8:30pm	
\$400 per team	

Ages: 35 and up	
Mondays	
6:30pm, 7:30pm and 8:30pm	
\$400 per team	

Volleyball

Open net volleyball for the beginner, all are welcome. Co-ed teams available.

Ages: 18 and up	
Tuesdays	5 – 7pm
Fridays	5 – 7pm
Free	

Tennis Lessons

Learn the fundamentals, develop your skills and techniques at your own pace and skill level.

Instructor: Amani Mitchell	
Ages: All	
Tuesdays & Thursdays	6:30 – 7:30pm
Saturdays	11am – Noon
\$20 per hour and up	

Karate

Children and adults build self-confidence, develop and learn self-defense skills as well as improve your cardio fitness and stretching.

Instructor: Prince Fagin	
Ages: All	
Tuesdays & Thursdays	
4:30-5:30pm (kids)	
5-6:30pm (adults)	
\$50 per month	

Extra Karate Class

Saturdays	
1-3pm	
\$50 per month	

Boot Camp

Youth & Adult oriented strength and conditioning classes that targets and improves speed and agility, stability, mobility, athleticism, discipline and confidence.

Instructor: Mario Miller	
Ages: 5-11	
Mondays & Fridays	4:30-5pm
\$25 per month	

Instructor: Mario Miller	
Ages: 12-17	
Tuesdays	5-5:45pm
\$30 per month	

Instructor: Mario Miller	
Ages: 18 and up	
Mondays & Fridays	6-7pm
Tuesdays & Thursdays	10-11:15am
\$40 per month	

Personal Training

One-on-one fitness instruction tailored to your specific needs.

Instructor: Darryl Hammond	
Ages: 18 and up	
Mondays - Fridays	
5 – 7pm	
Free	

100 Miles of Walking Club

This is a non-strenuous, low intensity walking group, designed to make walking a fun, social experience. Walks are for all levels of walkers. Make sure to wear comfortable shoes.

Ages: 18 and up	
Mondays – Fridays	10am – 7pm
Saturdays	9am – 3pm
Free	

100 Miles of Biking Club

Cyclists who enjoy bicycling as recreation and sport meet daily to for cycling tours and activities that span a spectrum of cycling interests. If you like your bike, we have a place for you!

Ages: 18 and up	
Mondays – Fridays	10am – 7pm
Saturdays	9am – 3pm
Free	

Soul Line Dance

Join other dancers and learn some fun Line Dances or just come for the great exercise and company.

Instructor: Leatha Fulgham	
Ages: 18 and up	
Tuesdays	6 – 7pm
\$3 for 55 and up	
\$5 for 54 and under	

Instructor: Leatha Fulgham	
Ages: 50 and up	
Mondays	11am - Noon
Tuesdays	6 – 7pm
\$3 for ages 55 and up	
\$5 for under 55	



Fit-Stamina Class

A fun, new and exciting workout created by Enjoy Results fusing the sounds of live African drums, dance and fitness. Build your endurance and stamina in this exhilarating class. All ages and levels welcome. No experience necessary.

Instructors: Patricia & Joyce	
Ages: 5 - 12	
Thursdays	
6 – 7pm	
\$40 per month	
\$12 per class (walk-ins)	

SENIOR PROGRAMS

ZUMBA

Latin Dance-Fitness fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that's so much fun, you won't even realize you're working out! So join the party! Burn the calories, get stronger, loosen up, and get your energy pumping.

Instructor: K. Key	
Ages 50+	
Mondays	
6 – 7pm	
\$5 per class	

Sr. Board Games

Need a reason to get together and have fun? Come enjoy in a relaxed setting some of your favorite games such as scrabble, monopoly, dominoes and more!

Ages: 50 and up	
Tuesdays - Fridays	
11am – 2pm	
Free	

Senior Stretch

Low impact aerobics for people with joint pain, beginner exercisers or people with a history of sports-related injuries.

Instructor: Mario Miller	
Ages: 50 and up	
Tuesdays, Thursdays and Fridays	
10 – 11am	
\$10 per month	

Meeting your Personal Computer (PC)

This program is designed to introduce individuals to a computer and all that it offers.

Instructor: Karl Jenkins	
Ages: 50 and up	
Tuesdays	
10am – 1pm	
\$40 for 4 weeks session	



World Wide Web

This class will help participants set up an email accounts, set up different files as well as teach you how to use different search engines.

Instructor: Karl Jenkins	
Ages: 50 and up	
Thursdays	
10am – 1pm	
\$40 for 4 weeks session	

Thoughts of Inspiration and Study

Come together to share and encourage one another with life lessons and stories.

Instructor: Marva Harden	
Ages: 50 and up	
Wednesdays	
11:30am – 12:30pm	
Free	

Bridge Club

Seniors meet every Friday and participate in the game of bridge as well as compete in bridge tournaments.

Ages: 50 and up	
Fridays	
10am – 3pm	
Free	

INTERGENERATIONAL PROGRAMS

Family Night Arts and Crafts

Kids and parents get to participate together and showcase the artistic abilities with different arts & crafts projects.

Instructor: Exchange Staff	
Ages: All	
Wednesdays	
6 – 7pm	
Free	

Family Movie Night

Ages: All	
3 rd Monday of each month	
5 – 7pm	
Free	

Family Game Night

This program is designed to promote family unity while competing in various activities.

Ages: All	
1 st Monday of each month	
5:30 – 7pm	
Free	

Mid-Day Movie Showing

Ages: All	
Every Monday and Wednesday	
Noon – 3pm	
Free	



Intergenerational Garden Club

Ages: All	
Mondays – Fridays	
10am – 6pm	
Saturdays	
9am – 3pm	

Gresham Recreation Center

3113 Gresham Road
Atlanta, GA 30316
404-244-4890

Facility Hours

Monday – Friday 1pm – 9pm
Saturday 11am – 5pm

Facility Staff

Wannetter Terrell, Center Director

Winter Wonderland

Students will learn how to make sparkly snowflakes, of all shapes and sizes from scrap paper. Final projects will be displayed throughout the recreation center lobby creating the effect of winter wonderland. Supplies will be provided by the recreation center.

Instructor: Wannetter Terrell
Ages: 5-12
December 19, 2012
4 – 5pm
Free



New Drawing Class

The participants in this class will learn and practice drawing concepts of gestures, contour and value, basic drawing materials will be provided by the recreation center.

Instructor: Henry Drakeford
Level: All
Ages: 6-12
Tuesdays and Thursdays
3 – 4pm
Free

New Learn Not To Burn

Girls and boys will learn the basic of fire safety and burn prevention. Activities are used by fire fighters to introduce children to fire safety that could save their lives if they are involved in a fire.

Instructor: DeKalb Fire Dept.
Ages: 6-12
December 12, 2012
3:30 – 4:30pm
Free

New All Eyes on You

In recognition of National Eye Care Month, we are offering a free eye exam and information about eye care and wellness.

Instructor: Kaiser Permanente
Ages: 5-12
January 14, 2013
11am – 2pm
Free

New Bippity, Boppity, Books

Our favorite books from Dr. Seuss to Mother Goose are brought to life.

Instructor: Pre-K Teacher
Level: All
Ages: 4-5
Thursdays
10 – 11am
Free

New The Tooth And Nothing But The Tooth

In recognition of National Children's Dental Health Month, we are offering a free dental screening and informative information about dental care and wellness to youth.

Instructor: DeKalb Health Dept.
Ages: 5-13
February 4, 2013
3 – 4pm
Free



Chess Class

If you are interested in learning the game of chess or you think that you've got the moves, this class is for you. Mr. Hardeman will teach and instruct players on techniques, strategies, and basic fundamentals of chess.

Instructor: Beau Hardeman
Level: All
Ages: 5 and up
Tuesdays
6:30 – 7:30pm
Free

Black History Month Poster Contest

Boys and girls will choose and create a poster depicting the lives and successes of an African American Leader. Ribbons will be awarded to the 1st-3rd place winners per age category. All posters will be on display at the recreation center for the month of February.

Instructor: Rita Hurley
Level: All
Ages: 5-6, 7-9 and 10-12
Fridays
Tuesday, February 1, 2012
4 – 5pm
Free



New Techno-Time

Teens will be able to utilize our new and state of the art computer lab with limited and monitored social networking sites. This is also a great opportunity to do research for your school papers or projects.

Instructor: Staff
Level: All
Ages: 13-17
Mondays - Thursdays
6:30 – 8:30pm
Free

Valentine Day Crafts

Show your love ones that you have a big heart. Youth ages 5-12 will have an opportunity to create their special valentine craft, be it a card or a heart. Supplies will be provided.

Instructor: Vema McGhee
Ages: 5-12
February 12, 2013
4 – 5pm
Free

SPORTS & FITNESS

Fitness Friday

Youth/Teens will engage in a variety of low to high impact cardiovascular activities for a 15-20 minute period. During the spring session records are kept and recorded and ribbons awarded to the fittest at the conclusion of the session.

Instructor: Staff
Level: All
Ages: 6-12
Fridays
3 – 4pm
Free



Aerobics

Each participant will engage in aerobic routines to enhance their cardiovascular, endurance, and socialization skills. Bring a partner and let's get physical! This is a co-ed class.

Instructor: Jackie Anderson
Level: All
Ages: 18+
Mondays and Thursdays
6:30 – 7:30pm
Free

Indoor Tennis

These high energy classes are structured in a creative and fun way to teach the competence, confidence needed to learn the fundamentals skills of tennis.

Instructor: Staff
Level: All
Ages: 6-12
Mondays and Wednesdays
3 – 4:30pm
Free

35 & Over Adult Men Basketball League

A maximum of 6 teams will play a ten week game schedule with a single elimination tournament at the end of league play. Trophies are awarded to the top two finishers. All participants must be 35 years old on or before 12/31/12. Photo Id is required. Spaces are filled on first come first served basis for league play.

Instructor: Wannetter Terrell
Level: All
Ages: 35+
Mondays
6:30 – 9pm
\$400 per team

SPECIAL EVENTS & OTHER PROGRAMS

Annual Arbor Day Celebration

In celebration of Arbor Day, the children plant a tree or flowers and are taught the history of the day and its significance.

Instructor: Staff
Ages: 5-12
February 20, 2013
3:30 – 5pm
Free



Annual Gresham Park Sweetheart Luncheon

To recognize our volunteers and their dedication to the recreation center programs and the Gresham Booster Club the center hosts an annual luncheon to celebrate and show our appreciation. All volunteers are welcome to attend.

Ages: 18 and up
February 16, 2013
11am – 3pm
Free

Gresham Recreation Center

3113 Gresham Road | Atlanta, GA 30316



Annual MLK Parade

The cheerleaders along with family and friends participate in the Annual MLK parade held in downtown Atlanta. This parade commemorates the life of civil rights leader Dr. Martin Luther King Jr. The parade route is a 3 mile walk/celebration with bands floats, entertainment, and much more.

Instructor: Gina Clay/Wannetter Terrell
Level: All
Ages: 5 and up
Monday, January 21, 2013
11am – 2pm
Downtown Atlanta
Free

School's Out

Basketball/Winter Camp

Volunteer coaches will provide instructional skills and drills of basketball along with game room time, arts and crafts and (1) off campus outing. Appropriate attire required. The camp is co-ed and no previous experience is necessary. Parents must provide all meals (breakfast, lunch, and snack).

Instructor: Volunteer Coaches & Adie Hardy and Rita Hurley
Level: All
Ages: 5-12
December 26 – 31 and January 2-4, 2013
7am – 6pm
\$30 for all seven days or \$6 per day

Annual Coaches vs. Parent Basketball Game

This is a friendly rivalry game between our volunteer coaches and parents who were registered for the current basketball league. The roles of the youth are reversed, whereas the children become the head coach of both the parent and coaches team, and decide who plays when. This game is full of excitement and comedic moments. THIS IS A MUST SEE EVENT!

Instructor: Wannetter Terrell
Ages: 18 and up
February 16, 2013
6pm
\$2 per person

New Microwave Magic

Designed to promote healthy eating and teach youth how to make inexpensive, healthy snacks, while being safe using a microwave. Participants may be asked to provide some food items. A menu will be provided in advance so participants are aware if food items are needed to be donated.

Instructor: Wannetter Terrell
Level: All
Ages: 6-14
Fridays
3:30-4:30pm
Free



SENSATIONAL SENIORS

New Silver Screening

Seniors will learn the basic application for various office programs, such as Word, Power Point, Excel, and Internet. Space is limited to ten students per session. Registration is required.

Instructor: Wannetter Terrell
Level: All
Ages: 55 and up
Mondays - Thursdays
10am - Noon and 4- 6pm
Free

Seniors Game Day

Calling all seniors (55+) the 2nd Tuesday of each month we will have an array of games to take part in, such Bingo, Bid Whist, Spades, Checkers, and Scrabble just to name few. If you think you have what it takes, please join us for some good-old fashion fun. Light refreshments will be served. Most materials will be supplied.

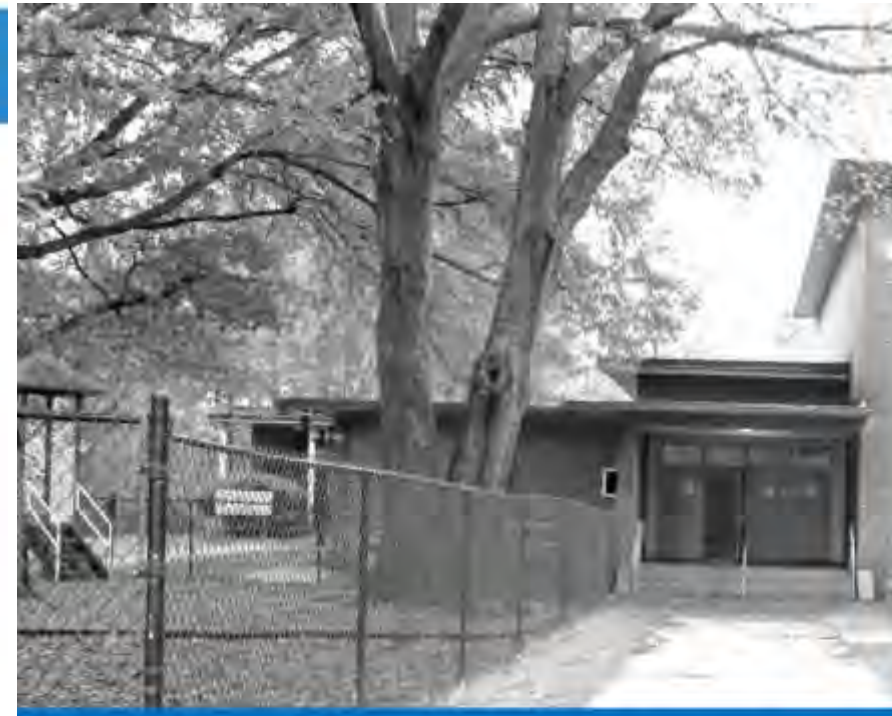
Instructor: Beverly Sharp
Level: All
Ages: 55 and up
2nd Tuesdays of the month
11am – 1pm
Free



Silver Sneakers

Participants walk at their own pace through a mapped out course for 30 minutes to help build endurance, cardiovascular and activity for daily living.

Instructor: Wannetter Terrell
Level: All
Ages: 55 and up
Wednesdays
9-10am
Free



Hamilton Recreation Center

3262 Chapel Street
Scottsdale, GA 30079
404-508-7565

Facility Hours

Monday, Tuesday & Thursday
11am – 7pm
Wednesday
11am – 9pm
Saturday
10am – 3pm

Facility Staff

Kiesha Howell-El, Center Leader

Learning to Excel (Neo Networks)

Participants are tutored in various subjects.

Ages: 5-12
Mondays
3 - 4pm
Free

Ready Set Go

Participants will learn basic rules and fundamentals while improving their skills in various sports. Promotes a healthy and fit lifestyle through different levels of exercise and games.

Ages: 5-12
Wednesdays
5 - 6pm
Free

Holiday Crafts

It's the season of gift giving -- and gift making! We offer fun activities for creating holiday crafts and gifts that will put everyone into the holiday spirit!

Ages: 5-12
Every 2nd Friday
4 - 5pm
Free

Bingo Blast Off

Participants will engage in different variations of bingo, while competing for prizes and awards.

Ages: 5-13
Every 2nd Monday
5 - 6pm
Free

Actin' Out

This program is more than a fun drama program; it helps participants to develop self-confidence, creativity and the ability to work well with others. Every child is a star!

Ages: 5-15
Tuesdays and Thursdays
4:30 - 6:30pm
Free

Games People Play

Power down the electronic games and computers; join us in some old fashioned fun. Toddlers to grandparents, participants of all ages can meet and interact with other people while playing board games in a fun safe environment.

Ages: All
Tuesdays
7 - 8pm
Free

4-H Program

4-H'ers participates in fun, hands-on learning activities supported by the latest research of land-grant universities that are focused on three areas: healthy living, citizenship, science.

Ages: 9-12
1st and 3rd Friday of the month
4:30 - 6pm
Free

TEENS

Enough Said

This program will promote the empowerment of teens to grow intellectually, socially, creatively and emotionally. Students develop leadership skills and build healthy, social bonds through open discussions on peer pressure and other social circumstances that are encountered by youth in today's society.

Ages: 12-17
Every 2nd and 4th Thursdays
7 - 8pm
Free

Homework 911

Students are encouraged to become successful in school by providing homework help and tutoring while encouraging participants to become self-directed learners.

Ages: 12-15
Mondays and Wednesdays
6 - 7pm
Free

SENIOR RECREATION

Keeping Up

Designed for seniors to promote better health and stamina through walking, light aerobics and dancing.

Ages: 55 and up
Mondays and Wednesdays
11am - Noon
Free

Senior Games & Activities

Designed to encourage seniors to socialize in a group setting and discuss current events and trends.

Ages: 55 and up
Every 4th Friday
10 - 11am
Free

SPECIAL EVENTS

Empty Stocking Drive

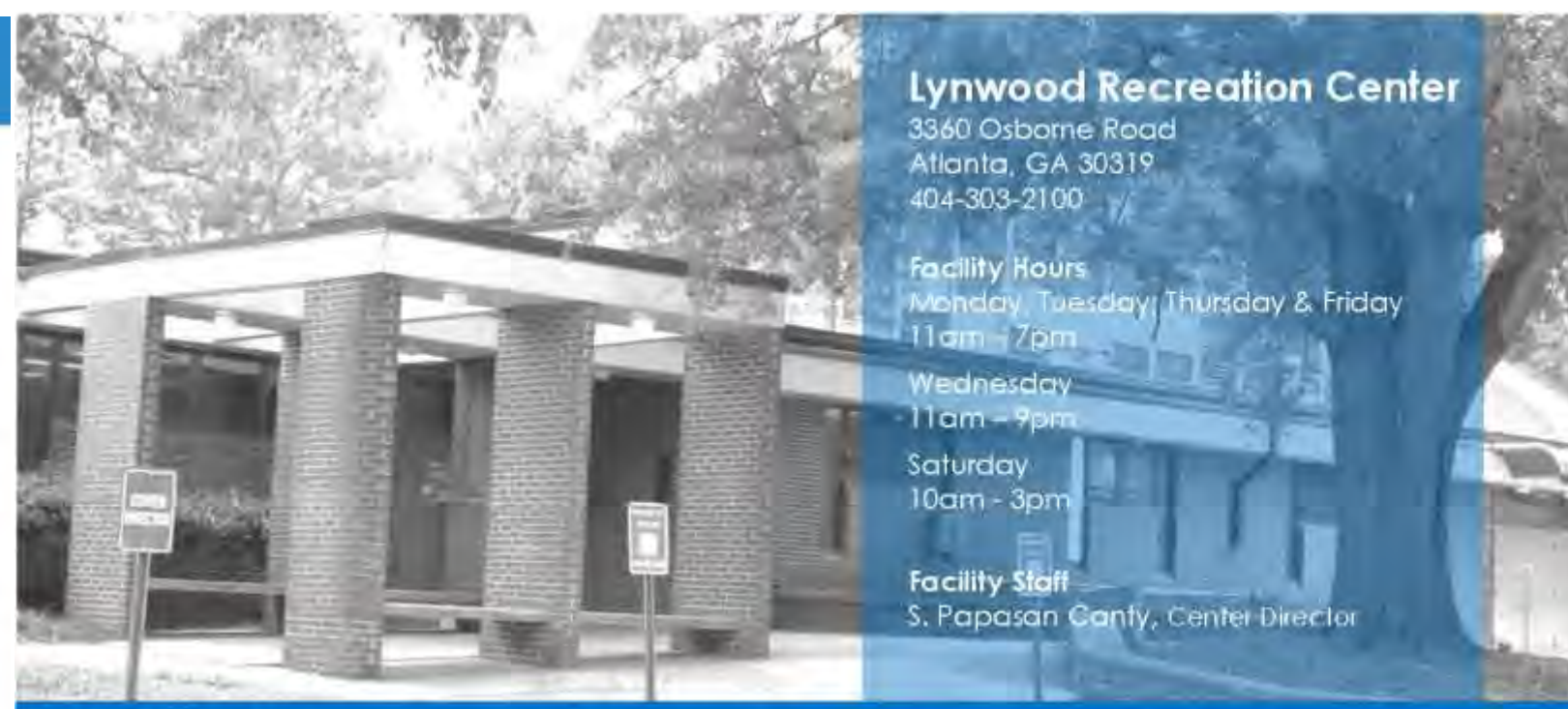
We will accept donations of new, used socks and stocking stuffers for women and children at a battered women's shelter for the holidays.

Ages: All
Entire Month of December
Free

Dr. Martin Luther King Jr. Celebration

Listen or join in as Dr. King is remembered and celebrated by the Hamilton Afterschool program.

Ages: All
January 15, 2013
5 - 6pm
Free



Lynwood Recreation Center

3360 Osborne Road
Atlanta, GA 30319
404-303-2100

Facility Hours

Monday, Tuesday, Thursday & Friday
11am - 7pm

Wednesday
11am - 9pm

Saturday
10am - 3pm

Facility Staff

S. Papasan, County Center Director

Get Off with Chess

This class is designed to teach chess to individuals who have no knowledge of the game. Participants will learn piece movements as well as the fundamentals of the beginning, the middle and the end game. Students will also touch and use equipment. Part of the class will be a board demonstrations and part practical interaction.



Levels: Beginner to Advanced
Ages: 5 and up
Mondays - Fridays
5 - 6pm
\$36 per month

Out Door Fun with 4-H

4-H is the cooperative extension system's dynamic non-formal educational program for youth. Youth will learn how to identify leaves, insects and birds. They will also participate in group activities of scavenger hunts and rock collecting.

Ages: 5-12
Tuesdays and Thursdays
4:30-6pm
Free

Board Game Extravaganza

Come to a relaxing environment and enjoy the festive atmosphere while playing a variety of games. Playing board games can help develop your mind while allowing you to have fun.

Fridays
5 - 7pm
Free

ATHLETICS & SPORTS



Open Gym

Play pick-up, one on one or three-on-three basketball. All are welcome. Let's make it a family affair.

Ages: 18 and up
Mondays
11am - 2pm
(ID required due to hours)
Wednesdays
7 - 9pm

Ages: All
10am - 3pm
Saturdays
Free

Walk It Off

Join us in one of the oldest forms of cardio exercise and walking. Join the walking club as we walk the park, neighborhood and inside gym on inclement weather days.

Levels: All
Ages: 5 and up
Mondays - Thursdays
7 - 8pm
Free

Weight Training 101

Learn the basics of weight training the importance of losing weight increasing your metabolism, strengthening your bones and muscles, improving your fitness and staying in shape.

Level: All
Ages: 18 and up
Mondays - Fridays
7 - 9pm
Free



SENIOR RECREATION

Inspirational Support Group

Need a break? Come join other seniors as we discuss ways to self-empower and motivate each other through conversation while sharing light refreshments.

Ages: 50 and up
Tuesdays
11am - 3pm
Free

Easy Crafts for Adults

Bring out the creative side of you with jewelry making, ceramics, knitting and painting on canvas. Share your works with family and friends as gifts.

Level: All
Ages: 50 and up
Wednesdays
11am - 3pm
Free

And Bingo Was His Name-O

Come and enjoy the traditional way of playing BINGO! Bingo games may introduce you to new ways of playing an age old game. Join us for lots of fun.



Ages: 50 and up
Thursdays
11am - 3pm
Free

Register Early!

If you wait until the last day to register, courses might be full – or great courses might get cancelled.

That's why we encourage early registration!



SPECIAL EVENTS

Red & White Ball

Celebrate our Annual Red & White Ball. As you dance the night away to the music of a live band and DJ. You will be served a hot meal and entertained by a surprise guest. This is a semiformal/formal affair. Volunteers Needed.



Ages: Adults 25 and up
December 16, 2012
6pm - 12 midnight
\$20 per person

Making Merriment with Dr. Martin Luther King Jr. Day Celebration

Come on out as we celebrate the accomplishments of the late Dr. Martin Luther King Jr. with original poems, short stories and art work about his dream for all mankind.

Ages: 5-15
January 18, 2013
6-6:30pm
Free

Black History Month African-American Inventors Museum

Come and learn about the life and times of African-American Inventors. Students will be introduced to various African-American Inventors and the accomplishments they have made to society. The inventors' works will be displayed in a museum setting open to the public for viewing.

February 25 - March 1, 2012
Ages: All
11am - 7pm
Free



Tiny Tots Arts and Crafts

Bring your child in for Arts and Crafts for fun and learning. Our staff will plan projects throughout this class, for children to use their imagination. Class will be lots of fun.

Ages: 2- 4
Fridays
10am - Noon
\$20 (includes materials)

Tiny Tots Basketball

Is your little one going to be the next Michael Jordan or Spud Web? Or maybe they just need to burn off some energy. Bring them out for a great new fitness program. We will teach the toddlers the basic fundamentals of the game basketball. Registration will be limited to the first 40 players.



Ages: 2- 4
Wednesdays
9 - 10:30am
\$25 (t-shirt included)

Tint Tots Indoor Soccer

Bring your toddler to the center and we will help them kick the ball around and learn how to score a goal. We will teach the children the basic fundamentals of the game of soccer. This is a great way for your children to learn how organized sports are played.

Ages: 2-4
Mondays
9 - 10:30am
\$25 (t-shirt included)

Mommy and Me

Come join our staff as we roll around on the mats for fun. We will emphasize exercise movement and fitness. Let's learn to turn flips safely and together.



Ages: 2-4
Mondays
10:30 - Noon
\$20

Lucious Sander Recreation Center

2484 Bruce Street
Lithonia, GA 30058
770-482-0408

Facility Hours

Monday-Thursday
1 - 7pm
Friday
Noon - 7pm
Saturday
9am - 2pm

Facility Staff

Alice Bradford, Center Director
Tameka Clark, Center Leader

Youth Basketball Conditioning

Instructor and Former NBA Player Willie Anderson will be your coach during the winter months to help condition your youth for upcoming team play. Registration will stop at first 100 players who sign up.

Ages: 6-12
Thursdays
6-7:30pm
\$5 each week

Little Phoenix Class

This course is meant to introduce the participant to the fundamentals of traditional Korean Taekwondo.

Ages: 5-12
Mondays 4:30-5:15pm
Tuesdays 4:30-5:15pm
Wednesdays 5:00-5:45pm
Thursdays 5:00-5:45pm
\$70 per month

White Phoenix Class

This course is meant to introduce the participant to the fundamentals of Traditional Korean Taekwondo.

Ages: 7-13	
Mondays	5:15-6:00pm
Tuesdays	5:15-6:00pm
Wednesdays	5:45-6:30pm
Thursdays	5:45-6:30pm
\$70 per month	

Terrific Thursday

Enjoy amazing arts and craft activities.

Ages: 5-12	
Thursdays	
4 - 5pm	
Free	

Karaoke Fun for Youth

Come learn how to sing with a microphone and music. This is a great way to have fun and meet new friends.



Ages: 6-12	
3 rd Thursday of each month	
4-6pm	
Free	

Horse Shoes

Come learn the game of horse shoes. We will learn the basic fundamentals and also learn to play partners play.

Ages: 6-12	
Wednesdays	
4-6pm	
Free	

TAGGERS (A Talented Artistic Gifted Generation)

Come and enjoy generation Y's amazing Arts & Crafts Activities. Enjoy everything from graphic design to tasteful graffiti style art.

Ages: 5-12	
Tuesdays and Thursdays	
4 - 5pm	
Free	

Archery for Youth

Come learn the correct way to shoot a bow and arrow at large bull eye targets. We will hold class inside the gym with experienced staff. Children will have lots of fun with this class.

Ages: 6-12	
Fridays	
4 - 5pm	
\$10	

Let's Move

Come be a part of the Let's Move Program, designed to keep our youth fit. We will exercise daily in the gym with various coaches and instructors throughout the year. Our class is meant to be fun, and educational.

Ages: 6-12	
Mondays - Fridays	
4 - 5pm	
Free	

Life Enrichment after School

Come be a part of our After School Program. Structured homework and activities are provided.

Ages: 5-12	
Mondays - Fridays	
2:30 - 6:30pm	
\$120 per month	

Table Tennis

Come learn how to play Table tennis. We will play single and doubles tournaments.

Ages: 6-12	
Mondays	
4-6pm	
Free	

Girls Scouts

Please come Join the Girls Scout Program. Lucious Sanders is working with Kip Academy and Mrs. JoAnn Barnes to register all youth children and young ladies who want to join our neighborhood Girls Scout Program.

Ages: 5-14	
2 nd and 4 th Thursday of each month	
4pm	
\$40 yearly registration Fee	

Let's Share a Book Club

Read any books lately or looking for a good book? This book club is for you.



Ages: 5-12	
Tuesdays	
2 - 4pm	
Free	

Drama

Theater, exercise scenes and develop performance and technique skills.

Ages: 5-12	
Tuesdays	
6:30 - 7:30pm	
\$30	

Living Green

Come enjoy time with the staff at Lucious Sanders as we make a leaf collage. Materials will be provided.

Ages: 5-12	
Mondays	
5 - 6pm	
Free	

HEALTH & WELLNESS

Youth Nutrition

All youth are invited to meet with staff and guest speakers as we teach each other new ways to make our bodies healthy. We will emphasize better foods and snacks that will make our tummies yummy.

Ages: 6-12	
1 st Thursday of each month	
4 - 5pm	
Free	

Kickball League

All youth are invited to play in our organized kickball league. Teams will be divided up and each player will be put on a team. Registration will be limited to 60 children.

Ages: 6-12	
5 - 6pm	
Wednesdays	
\$10 (t-shirt included)	

Youth Basketball

Instructional Co-Ed League

All little Eagles are invited to join our famous Instructional Basketball League. Many certified coaches will be on hand to teach our little ones the game of basketball. Teams will be formed and the children will learn how to begin organized play.

Ages: 6 - 8	
Saturdays	
Time: 8am	
\$25	

TEENS

Horse Shoes

Teens can meet each week and play horse shoes.

Ages: 13-17	
Wednesdays	
4-6pm	
Free	

SSI (Special Smart and Important)

A group session for teens that need to share the low time. Sessions will provide social outlets as well as support that teen may not be getting.

Ages: 13-17	
Mondays and Thursdays	
4:30-5:30pm	
Free	

Karaoke Night

Teens come on out to Lucious Sanders and show off your talents. We will meet each month and play around on the microphone. Meet new friends, and always remember these will be the days you will always remember.

Ages: 13-17	
3 rd Thursday of every month	
6-8pm	
Free	

Boys to Men

A group session for young men led by former Basketball Pro Athlete Willie Anderson. He will focus on young men in the community to come together and develop life skills to become men in today's society. This will include quarterly field trips.

Ages: 10-17	
1 st Wednesday of each month	
6:30-7:30pm	
Free	

Winter Conditioning

Instructor and Former NBA Player Willie Anderson will be your coach during the winter months to help condition your teen for team play. Registration will stop after the first 100 players are signed up.

Ages: 13-17	
Tuesdays	
6:30-8pm	
\$5 each week	

Stone Mountain Holiday Field Trip

The staff is looking forward to hopping on the van for our holiday field trip to the mountain. Let's sign up early so you don't miss out on the first 15 that will get to go. This is a great chance to meet new teens who just want to have good fun.

Ages: 13-17	
Saturday, December 22, 2012	
6-11pm	
\$25 (admission included)	

Snow Mountain Teen Trip

Teens put on your water boots, old jeans and let's have some fun and play in the snow at Snow Mountain, located inside Stone Mountain Park. Don't miss out on this trip; first 15 will get to register for a fantastic Saturday Teen Trip.

Ages: 13-17	
Saturday, February 9, 2013	
Noon - 5pm	
\$25	

Table Tennis

If you like Table Tennis, and if you are a teenager, come on down to the center and play against other teens. We will do tournaments and single and partner play.

Ages: 13-17	
Tuesdays	
4-6pm	
Free	

Archery for Teens

Come learn the correct way to shoot a bow and arrow at large bull's eye targets. We will hold class inside the gym with experienced staff. Children will have lots of fun with this class.

Ages: 13-18	
Fridays	
5-6pm	
\$10	

Gaming Club

Bring in one of your hand held video games

Ages: 13-17
Tuesdays
4-6pm
Free

Let's share a Book Club

Read any good books lately or looking for a good book? This book club is for you.

Ages: 13-17
Thursdays
2-4pm
Free

Terrific Teen Club

Come join our new teen club as we get together each month with guest speakers, special programs such as sports tournaments, art and music talk, maybe even Karaoke will be in the mix. We will venture out once a quarter and take a field trip to places like sporting games, Snow Mountain, hiking trips and many more.

Ages: 13-17
1st Monday of each month
Free / monies will be collected for field trips

Fishing Club

Come join Director Alice Bradford as she teaches the basic learning skills of fishing. We will provide rods and reels and bait. You may bring your own as well. We will meet at different county lakes and practice catch and release. If you get a big one, maybe you can take home.

Ages: 6-17
1st Saturday of each month
10am-1pm
\$10 yearly registration fee

SPECIAL EVENT

Martin Luther King Jr. Essay

Youth and Teens are invited to share an essay on our great Martin Luther King Jr. This contest will be for all youth ages 6-12, 13-15 and 16-18. Each age group will receive 1st place trophies, and all participants will receive individual certificates. Winning Essays will be displayed at the recreation Center

Ages: 6-17
Friday January 4, 2013
5pm
Free

Free Throw Clinic

Come join former NBA Player Willie Anderson as he teaches you the correct format in shooting free throws.

Ages: 13-17
Saturday, December 8, 2012
10am - Noon
\$10

Walking Club

Seniors come and walk in the indoor gym with your friends. This will keep you walking during the cold months, in a safe and warm location. Meet new seniors as you burn some calories at the same time.



Ages: 50 and up
Mondays - Thursdays
11am - Noon
Free

Fishing Club

Come join the staff at Lucious Sanders the 1st Wednesday of each month, and go Fishing. This program is for seniors who want to meet at a stocked DeKalb County Park Lake. We have the Rods and Reels, as well as bait. This will be a great way to meet new seniors, and make new memories.

Ages: 50 and up
1st Wednesday of each month
9am - 1pm
Free

Horse Shoe Club

Seniors we have the horse shoe pit, as well as light weight horse shoes. Please come join our staff the 2nd Wednesday of each month, as we will play horse shoes. The staff just wants you to come and have lots of fun.

Ages: 50 and up
2nd Wednesday of each month
Free
Time: 11am

50 Mile Eagle Club

Each child and youth will run, jog or walk 5 miles each week. For 10 weeks join our youth challenge and help stay fit, every mile makes you stronger.

Ages: 5-17
Mondays & Wednesdays
Free
Time: 5-6pm

SPORTS & FITNESS

Beach Body Fitness Club

Come join the hottest class in Lithonia. Instructor focuses on Cardio Vascular Strengthening and Tone and Fitness. This class will leave you feeling the burn.

Ages: 13 and up
Saturdays
11am - Noon
Free

Winter Youth

(Basketball Camp)

Come learn from former NBA Players Willie Anderson, with San Antonio Spurs, Shandon Anderson, with Miami Heat, Duane Farrell with Indiana Pacers as they give back to our community and teach our youth skills and conditioning drills. 50 spots available first come first serve.

Ages: 8-12, 13-16
Saturday, December 15, 2012
9am-2pm
\$40 (includes T-shirt)

ADULTS

Adult Open Gym (Basketball)

Come play in friendly competition while playing organized pickup game.

Ages 18 and up
Tuesdays and Thursdays
2 - 4pm
Free

FAMILY

Youth Game Night

Play board games as a family.

Ages 5-12
3rd Thursday of every month
5:30-7pm
Free

Parents / Children Volleyball Night

Parents and youth, it's time to have some fun together. We will meet the 1st Monday of each month and play family Volleyball. The ball will be extra soft for all to play. We will learn basic rules but mostly just having fun as a family should.

Ages: 5-up
1st Monday of each month
6-8pm
Free



JOIN OUR TEAM

BE A LIFEGUARD

Applications available beginning January 2013 online at www.dekalbcountyga.gov/parks



NEEDED

Do you have an interesting class idea? Do you enjoy teaching youth, adults or seniors?

Go to your recreation center office for details about becoming an instructor TODAY!



REGISTER
MARCH 25 – APRIL 19
visit www.dekalbcountyga.gov/parks March
25th for an application

DEKALB COUNTY
SENIOR OLYMPICS
MAY 1- 11, 2013



Where
dreams
take
flight!



Mason Mill Recreation Center

1340 McConnell Drive
Decatur, GA 30033
404-679-1349

Facility Hours
Monday-Friday
9am - 6pm

Facility Staff
Melanie Watson, Center Director
Gentry Buchanan, Center Leader



Country Western and Line Dance

Meet new friends and get plenty of heart healthy exercise while enjoying country western and line dancing!

Level: All
Ages: 18 and up
Mondays
7:30-10:30pm
\$10

Matt Adler Entertainers

Individuals who love theater and acting are invited to join this class. We will work together to make up a show of humorous short skits, one act plays, music, jokes and etc. We hope to make new friends while using our talents to have fun bringing joy and entertainment to churches, retirement centers, assisted living and more.

Level: All
Instructor: Alice Rhodes Adler
Ages: 50 and up
Fridays
1:30 - 3:30pm
\$10

Nurturing Mind, Body and Spirit

Learn the tools and techniques of meditation and breathing to reduce anxiety, increase mental clarity and improving social relationships and well-being are designed to be light-hearted and enjoyable.

Level: All
Ages 50 and up
Mondays
2 - 4pm
8 weeks for \$120
6 weeks for \$90

Beginning Spanish

This class is design for individuals with little or no knowledge of Spanish. Learn how to count, give greetings, tell time, date and etc. Also basic grammar and culture will be taught. Excellent class for students and travelers! Instructor will provide materials.

Level: Beginner
Instructor: Elena Warner
Ages: 18 and up
10-11am
Mondays
\$80/ 8wk session

Advanced and Conversational Spanish

This is a continuation class for those who have taken Beginning Spanish and would like to further their Spanish skills.

Level: One
Instructor: Elena Warner
Ages: 18 and up
Noon-1:30pm
Mondays
\$80/ 8wk session

Digital Photography for Dummies

This introductory course focuses on the most important features in your digital camera and how to use them properly.

Level: All
Instructor: Bob Siegmann
Ages: 18 and up
Tuesdays
7 - 8pm
\$60/4wks

Photography Skills Improvement Workshop

You too can take beautiful photographs! Learn how by using proven professional techniques and experimenting with them in class.

Level: All
Instructor: Bob Siegmann
Ages: 18 and up
Tuesdays
2 - 3pm
\$60/4wks

Intro to Computers

Learn the basics of computers and the Windows® operating system. No experience is needed.

Instructor: Michelle Robinson
Ages: 18 and up
Mondays
10 - 11:30am
\$110 includes workbook / 6wks

Intro To Microsoft Word

Learn MS Word. Get hands-on experience and learn valuable word processing skills.

Level: All
Instructor: Michelle Robinson
Ages: 18 and up
Mondays
10am-11:30am
\$110 includes workbook / 6wks

Writing Life Stories: Creative Non-Fiction Writing

Learn how to write your life story so your family and others can enjoy the history of your life. This experience can be satisfying and rewarding. This class is taught by an instructor with a PH.D in English, 22 published books and many years of teaching, writing and editing experience. For more information, call 404.299.6149.

Instructor: Dr. B. Harvey
Level: All
Ages: 18 and up
Mondays & Tuesdays
5:35 - 7:45pm
\$60 for 6wks

YOUTH AND TEENS

Pee Wee Basketball

Is your little one energetic and athletic? Come sign them up at Mason Mills indoor Pee Wee Basketball League. A beginner's instructional basketball program designed to introduce to boys and girls the skills, fundamentals, team concepts and game strategy of basketball.

Instructor: Harvey Kelley
Level: Beginners
Ages: 4-6
Wednesdays
5 - 6:30pm
\$25

Creative Kids

Get your creative juices flowing as we explore different craft projects. Dress for mess as we will play with all different kinds of art supplies. Paint, clay and much more.

Instructor: Mason Mill Staff
Level: All
Ages: 8-12
1st and 3rd Mondays
3:30-4:30pm
\$10 for supplies

Winter Wonderland Shimmering Snow Globes

Christmas is just around the corner. Kids want to make something special for mom and dad? Come join us in the shimmering magic of snow. Homemade snow globes let you create winter wonderlands that come straight out of your imagination.

Instructor: Gentry Buchanan
Level: All
Ages: 5-10
December 12th
3:30-5pm
\$3for supplies

NATURE AND OUTSIDE WILDERNESS

Rockin' Out

Come traipse around our trail in the wilderness in search of nature's finest rocks to create a beautiful masterpiece. We will be making our rocks into refrigerator magnets, door decorations and much, much more.

Instructor: Gentry Buchanan
Level: All
Ages: 5-8
Wednesdays February 6 - 27
4 - 5pm
FREE

THERAPEUTICS

Social Club

Socializing is our priority but having fun is what we like to do. Come and join our club for fun and exciting activities such as: attending basketball games, dances, movie theatre outings going out to eat and much more!

Instructor: Jackie Banks
Level: All
Ages: 16 and up
1st and 3rd Fridays
6:30-9:30pm
\$15/yearly reg. & membership fee
\$3 Center Events & \$10 Away Events

SHARPEN your driving skills with AARP



Courses offered monthly.
For more information or to register
call 404.679.1349.

DeKalb Basketball League

If you like the sport you will love our team. Come out and learn the basic skills of the game and compete with other counties around the metropolitan area of Georgia. (Special Needs Only)

Instructor: Staff
Level: All
Ages: 18 and up
Thursdays
6:30 - 8pm
\$25 for the season
Practice held at Exchange Recreation Center

DeKalb Bowling League

Strike, Turkey or Scratch..... Whatever you bowl is all for fun. Come join our bowling league as we develop socialization skills and team spirit. League held at Suburban Lanes (Special Needs Only)

Instructor: Staff
Level: All
Age 18 and up
Tuesdays
2:45 - 5pm
\$100
Suburban Lanes

SENIOR PROGRAMS EGRESS

EGRESS is a comfort program to help widowers. If you need someone to talk to or just tired of being stuck in the house alone. Please come out and socialize with us. Refreshments and entertainment will be provided at every meeting.

Level: All
Ages: 50 and up
2 nd Sundays
Noon - 3pm
\$24 per yr. or \$2 per meeting

Let's Learn Bridge

Would you like to play bridge but don't know how? Well this is the class for you. Come join and enjoy learning how to play.

Instructor: Barbara McLaurin
Level: Beginning
Ages: 50 and up
Thursdays
10am - Noon
Free

Bridge

Come socialize with friends or make new ones while enjoying your favorite game and refreshments will be provided.

Level: All
Ages: 50 and up
Wednesdays
11:30am-3pm
Thursdays
1:30-3:30pm
Free

Canasta/ Canasta Pennies

Come socialize with friends or make new ones while enjoying your favorite game and refreshments will be provided.

Level: All
Ages: 50 and up
Wednesdays
9:30am - 3pm
Thursdays
1:30 - 3:30pm
Free

Senior Night Dance

Swing and sway down memory lane as you enjoy favorite hits of the past. Dance to live music from the "The Stew Magee Band" featuring Bob Planner. Light refreshments served.

Level: All
Ages: 50 and up
1 st and 3 rd Tuesdays of each month
7:30 -10pm
\$10 includes refreshments

Treasure Bingo

Play for fun, friendships and non monetary prizes.

Level: All
Ages: 50 and up
1 st Monday of each month
1 - 3pm
\$1 First card & \$.50 each additional

Road Runners Members Only

This hardy group of senior's women and men step out to enjoy fresh air and fellowship. Walking sites include local parks, malls and mountain trails. Bring your lunch money as we stop at local restaurants afterward to refuel. Register November 12th - 23rd. Program runs December 2013 - December 2014.

Instructor: Gentry Buchanan
Level: All
Ages: 50 and up
Thursdays
9:30am
\$3 per trip

Adventure Out Members Only

Venture Out to art museums, art exhibits and different local events. Bring your lunch money as we stop at local restaurants afterward to fellowship! Register November 12th - 23rd.



Instructor: Gentry Buchanan
Level: All
Ages: 50 and up
3 rd Friday of each month
9:30am
\$5 per trip

HEALTH AND FITNESS

Little Hip Hop & Tumble

Children will enjoy hip hop moves to upbeat "kid friendly" music and learn beginner through intermediate level tumbling techniques that promotes the development of coordination, strength, flexibility, balance, and spatial awareness. Each session will end with a performance for family and friends.

Instructor: Staff
Ages: 2- 5
2 nd and 4 th Tuesdays
11:30am -12:30pm
\$5

ZUMBA Class

Looking for a good workout? Want to have fun while working out? If so, come out and join us for some fun and stay in shape with our *NEW* ZUMBA class!

Instructor: Francine Davis
Level: All
Ages: 18 and up
Wednesdays
5:30 - 6:30pm
\$5 per session

Soul Line Dancing

Want to learn all the new slides or just want to get in some fun exercise? Dress casually and come ready to have fun while getting your physical fitness on the dance floor.



Instructor: Gloria
Ages 18 and up
7 - 8pm
1 st and 3 rd Wednesdays
\$5

Massage Therapy

Seniors, are you looking for a great massage therapist? Look no further, we offer massage therapy at a reasonable price to help you relax and unwind for little or nothing. Make your appointment today! Call 404.679.1349.

Ages: 50 and up
Tuesdays
9:15am - 4:30pm
2 nd and 4 th Mondays
9:15am - 12:15pm
\$25 for 30 minutes or \$50 per hour

Gentle Yoga Level 1

Practice gentle yoga poses adapted for seniors. We will combine breath, physical movement and energy practices to enhance flow of movement, breathing and energy level. Better balance, improved concentration and circulation, mental sharpness, lowered blood pressure and cholesterol are a few positive benefits on can enjoy with regular yoga practice.

Instructor: Elizabeth Yates
Level: Beginning
Ages: 18+
Wednesdays
11am - 12:15pm
9weeks for \$99

Gentle Yoga Level 2

Yoga practices moving at a more active pace. Poses will be linked together in a flowing vinyasa style. Ability to get up and down from the floor is needed. Previous yoga experience preferred or approval from instructor required.

Instructor: Elizabeth Yates
Level: Advanced
Ages: 18 and up
Fridays
11:15am - 12:30pm
8weeks for \$88

Ageless Grace

Learn and practice 21 simple exercises for total body and mind fitness. Get the benefits of greater strength, balance, flexibility, as well as mental quickness and focus. The movements can be done either standing, seated, or on the floor by almost anyone at any fitness level and are simple enough to do at home.

Instructor: Sandy Bramlett
Level: All
Ages: 21 and up
Wednesdays
12:30-1:30pm
8weeks for \$80

ZUMBA Session I

Instructor: Sandy Bramlett
Level: Beginning
Ages: 18 and up
Tuesday & Thursday
1 - 2pm
1 class/week (5 weeks) \$50
2 classes/week (5 weeks/10 classes) \$90

ZUMBA Session II

Instructor: Sandy Bramlett
Level: Advance
Ages: 18 and up
Tuesdays & Thursdays
1-2pm
1 class/week (5 weeks) \$50
2 classes/week (5 weeks) /10 classes

Strength Training For Seniors

Get stronger, have more energy and feel much better! Join even if you never exercised. Instructor is trained to work with older adults. Weights are provided.

Instructor: Earline Caudell
Level: All
Ages: 50 and up
Tuesdays
10 - 11am
6wks \$70
4wks \$40

Loosen Up-Tennis Players, Dancers, Anybody!

Utilizing small balls of different sizes and firmness you'll learn active exercise from acupressure and massage to loosen tight muscles and strengthen your core back, arms and legs. These exercises will help you self-maintain flexibility and ease of movement, while reducing risk of injury from your sport or daily activities.

Instructor: Sandy Bramlett

Level: Beginner

Ages: 18 and up

Wednesdays

2:30 - 3:30pm

\$85/8wks

Reflexiology

An alternative medicine involving the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques without the use of oil or lotion. Please call, 404-679-1349 to make an appointment

Instructor: Monika Hamilton

Wednesdays

11am, 12:30pm and 1:45pm

\$50 per hour

Ageless Grace Exercises

Fun and FUNCTIONal exercises for lifelong vitality and ease in your body. "21 Anti-aging Tools" for total body and mind fitness. Improve your joint flexibility, strength, posture and balance; as well as mental quickness and focus -and have FUN doing it! Exercises are done seated or standing and are especially suited for those with joint and balance issues.

Instructor: Sandy Bramlett

Ages: 21 and up

Wednesdays

Noon - 1pm

\$50/6wks

WII Sports

Level: All

Ages: 50 and up

Mondays - Fridays

11am - Noon

Free

Aerobics

Fun filled exercise class that incorporates cardiovascular, strengthening, balancing, stretching and breathing exercises.

Instructor: Diane Hutchinson

Level: All

Ages: 18 and up

Tuesdays, Thursdays & Saturdays

6:30 - 7:30pm

\$144

Tai-Chi Movement Improvement

Tai-Chi Chaun is one of the principal branches of Chinese martial art. It is a part of Chinese Culture with a close relationship to Chinese medicine. This activity involves continuous flow of relaxation movement; helping to improve balance coordination and total bodily rhythm.

Instructor: Harvey Melsner

Level: One

Ages: 50 and up

Mondays 2- 3pm

Fridays 10 - 11am

\$88/ 8wk session

Instructor: Harvey Melsner

Level: Two (Requires instructors approval)

Ages: 50 and up

Mondays

3:15 - 4:15pm

\$88/ 8wk session

CULTURAL ARTS

Wood Carvers

Come and learn how to make things out of wood and exciting projects working with wood. New comers are welcome!

Level: All

Ages: 18 and up

2nd Tuesdays of each month

7pm

Free

Canvas & Art Painting

Want to learn how to canvas paint or just paint a portrait in general. We have classes to teach you step by step on becoming an artist. Contact 404.717.6218 for more information

Instructor: Hai Bin Steckel

Level: All

Ages: 18 and up

Mondays

10am -11am

11am - Noon

\$15 per hour

Beginning/Intermediate Woodcarving

Basics of carving in the round. No prior experience necessary. Intermediate level will concentrate on personal projects.

Instructor: Marie DiPola

Level: Beginning

Ages: 50 and up

January 12 - March 1

Thursdays

10am - Noon

\$45 includes lunch

Mah Jong

A solitaire style game where the player is challenged to eliminate all pieces from the board.

Level: All

Ages 50+

Mondays - Fridays

10am - Noon

Free

Beginning & Advanced Quilting

Learn to quilt or improve on your skills.



Instructors: Maxine Chesser and Margine

Level: Beginning and Advanced

Ages: 50 and up

Thursdays

10am - Noon

\$45 includes lunch

Oil Painting Bee

This class is for painters who have had some experience. Students are encouraged to advise or critique other students' artwork when asked.

Level: All

Ages: 50 and up

Thursdays

9:30am - Noon

Free

Basic Drawing

We will search for edges, light and dark areas, shape and form, and much more. First time students will need #2 pencils or colored pencils, paper, Pink Pearl or magic rub erasers and if desired oil pastels.

Instructor: Tommye Mulleur

Level: Beginning and Intermediate

Ages: 50 and up

Thursdays

1:30 - 3:30pm

Free

SPECIAL EVENTS

Bark in the Park

Bring your best furry friend for a day of fun-filled family activities. Dogs will enjoy running and playing fetch in our newly and improved dog park. All dogs and dog owners

February 2013

\$5

Be My "Valentines" Senior Dance

Whether you have a special someone or not come out and enjoy a one night only Valentines dance with us. Light refreshment and live music will be provided. Come and dance the night away.

Ages: 50+

February 12, 2013

6 - 9pm

\$15

Tickets on sale Jan. 11 - Feb. 1

Gift Drive

It's that time of year again. The season of gift giving! We are accepting donations of gifts, toys and clothes for a child or adult. All gifts collected will be donated to the Salvation Army to help those in need have a wonderful Holiday.

Donations will be accepted December 10-20.



Midway Recreation Center

3181 Midway Road
Decatur, GA 30032
404-286-3328

Facility Hours

Monday and Wednesday
10am - 8pm

Tuesday and Thursday
1 - 8pm

Friday
Noon - 7pm

Saturday
11am - 5pm

Facility Staff

Lesa Thornton, Center Director
Bernard Tarplin, Center Leader



ATHLETICS & SPORTS

Youth Basketball & Cheerleading

Youth will participate in the county youth basketball program. Practices will be held Monday-Friday for each age group.

Level: All

Ages: 5-18

Registration Fees:

Basketball \$65(Ages 7-18),

\$25 (Ages 5-6), Cheerleading \$25

Uniform Fee: Cheerleading \$142

(Basketball uniforms included within registration fee)

Practice Location:

Midway Recreation Center



LIFE ENRICHMENT

Senior Social Circle

Designed to give seniors an outlet to socialize and take part in board games, chair aerobics and jewelry making. This program allows participants to visit a friendly and safe environment that feels almost like home.

Ages: 50 and up

Every 3rd Wednesday of the month
beginning November 26

10 - 11am

Free



4-H Club

Participants are taught a 4-H curriculum designed by DeKalb County extension service, such as environment and life skills programs.

Ages: 8-12

Mondays

4 - 5pm

Free

Etiquette 101

(Quest to be Miss or Mister Midway)

These classes are designed to improve the mannerism of the youth to develop confidence, self-esteem and respect. Participants will learn how to make a good first impression, and tips for projecting a positive image. They will learn how behavior, clothing, and appearance determine a first impression.

Ages: 5-13

Meetings Begin: Jan. 5 - March 5

Saturdays

12:30 - 1:30pm

Free

Midway's TEEN POLO Club

This program is designed to provide students with information pertaining to college, health & wellness, social communication, peer pressure, and financial awareness. Participants will also attend socials and participate in community service activities.

Ages: 13-18

Meetings Begin: Jan. 8 - March 5

Thursdays

5:30pm

\$15 (shirt) / \$90 (trip fee)

Midway After-School Program

This is an after school program design to allow participants to complete homework and study for the subjects that they need help in. Participants will also participate in arts & craft, sports & games, and annual trips.

Ages: 5-12

Mondays - Fridays

2:30 - 6:30pm

\$120 per month

Molding the Mind in Math

(Math Tutorial Program)

This is an after school program design for Middle and High school students who need tutorial in math. This instructor will help students complete/ understand math homework and complete an assessment on the students to find out what particular part of this subject they need help in. Pre-registration is needed by instructor to help better service the students. Instructor: Andrew Wells

Ages: 12-18

(beginning November 1)Mondays,
Wednesdays, & Fridays

3:30 - 6pm

Registration Fee: \$20

Fee: \$10

CULTURAL ARTS

Acting out Drama Club

Participants within this program will be introduced to the fundamentals of drama. They will have the opportunity to perform a black history play based on the fundamental skills they learn from this 8 week program.

Ages: 7-12

(Beginning January 8)

Tuesdays & Thursdays

5:30 - 6:30pm

Free



Majestic Steppers Dance Team

This program allows young girls ages 8-15 to participate in a rewarding and exciting program that introduces auxiliary dance. Participants will gain positive encouragement, structure, and confidence. Participants will perform choreographed dance throughout the basketball season half time for all age groups.

Ages: 8-15

Tuesdays & Thursdays

Practice Time: 7 - 8pm

Registration Fee: \$25

Uniform Fee: \$30 (tops only)

HEALTH & FITNESS

Midways Little Hoopers

Time: 12:30pm-1:30pm

Youth will be introduced to the game of basketball through a series of practices emphasizing fundamentals. Participants will develop hand-eye coordination, dribbling skills, and an understanding of defense v/s offense. Uniforms will be provided.



Ages: 3-4

(Beginning Jan. 11 - March 1)

Fridays

6-7pm

\$25

Midway Recreation Center

3181 Midway Road | Decatur, GA 30032

Home School Recreational Monday's

This program is designed to give home school students the opportunity to participate in physical education. Students will be introduced to various recreational activities and games. For more information or to register your home school group, please feel free to contact Lesa - Center Director for more information.

Ages: 5-15

Every 3rd Monday of the Month

10am - 1:30pm

Free

Midway's Walk-to-the-Beat Fitness Club

This walking club encourages community families to get healthy together and stay active as a family. At the end of the 8 weeks the club will register for the MLK DAY 5K Race/Walk on January 21 at 9am at Piedmont Park.

Level: ALL

Ages: ALL

December 1, 8, 15, 22, 29 &
January 5, 12, & 19

FREE (\$10 for a T-Shirt)

(The additional cost to participate in the MLK DAY 5K Race/Walk is \$25)

THERAPEUTICS

Special Needs Social Saturdays

This program is designed to allow therapeutic/ special needs adults to maintain physical activity and hand and eye coordination through light calisthenics with a mix of rhythmic music. This will encourage participants to enjoy socializing while incorporating movement.

Ages: 18+

Saturdays

1- 2pm

Free

SPECIAL EVENTS



Community Adopt-A-Family

The community and staff will find one family in need for the holidays to adopt and share gifts with. The family will be presented with the community offering on December 21, 2012.

Ages: ALL
Entire Month of December

Daddy-Daughter & Mother-Son Evening of Elegance

This event is designed to allow fathers to have an elegant evening with their daughters and mothers to have an elegant evening with their sons. Participants will dress to impress, walk our red carpet and enjoy an evening filled with fun, music, and food. This event is sponsored by the Midway Booster Club.

Ages: ALL
January 25, 2013
6 - 8pm
\$25 per couple



Mr. & Miss Midway Pageant

The Mister & Miss Midway pageant will be a part of our youth enrichment program etiquette program. In addition, participants will have to meet the standards of all around student, athlete, community participant, and home involvement to compete to be Mr. & Miss Midway.

Ages: 5-13
February 2, 2013
4 - 5pm
\$15 per entry



Midway Community Health Fair

This community fair event will allow local healthcare providers and nutritionist to come out and inform our community on health awareness.

Ages: 5-13
March 9, 2013
11am - 3pm
Free



N. H. Scott Recreation Center

2230 Tilson Road
Decatur, GA 30032
404-244-4891

Facility Hours

Monday 1 - 8pm
Tuesday - Thursday 1 - 8pm
Friday Noon - 7pm
Saturday 11am - 3pm

Facility Staff

Donnie Stallings, Center Director
Haneefah Abdullah, Center Leader

YOUTH

Visually Creative

Kids will focus in on fun as they produce lots of different projects in this class. Children will also develop their creativity through carefully designed tasks. Furthermore, they will learn how to use their individuality as well as group skills in everyday life.

Instructor: Donnie Stallings
Ages: 5 - 12
Thursdays
4 - 5pm
Free

Good Minds start After School

This is an after school program design to allow participants to complete homework and study for the subjects that they need help in. Participants will also participate in arts & craft and sports & games.

Instructor: Haneefah Abdullah
Ages: 5 - 12
Mondays - Fridays
2:30 - 6:30pm
Free

Brain Games

The youth games day will allow them to participate in various board and card game activities. They will also learn the correct way to play board games as well as learning different strategies; thus, allowing the youth to establish critical thinking skills.

Instructor: Haneefah Abdullah
Ages: 5 - 12
Tuesdays
4 - 5pm
Free

Head, Heart, Hands and Health (4-H)

4-H is a national youth organization that prepares young people to step up to the challenges in their community and the world. Young people who are a part of 4-H have the opportunity to explore all types of science, health, and citizenship programming delivered through 4-H clubs and camps, as well as afterschool and in-school.

Instructor: Haneefah Abdullah
Ages: 5 - 12
Wednesdays
4 - 5pm
Free

Junior Achievement

This program empowers young people to own their economic success. This K-12 programs foster work-readiness, entrepreneurship and financial literacy skills, and use experiential learning to inspire kids to dream big and reach their potential.

Instructor: Donnie Stallings
Ages: 13 - 18
Fridays
4 - 5pm
Free

TEEN

Weekdays under the Lights

The youth free play basketball program is design to allow the youth within the community to participate in a fun, friendly, and competitive game of basketball that helps gain the physical conditioning. While allowing them to cultivate friendships, develop fundamentals, and social talents.

Instructor: Haneefah Abdullah
Ages: 13 - 18
Mondays - Fridays
4:30 - 5:30pm
Free

Money Smart

The FDIC's Money Smart for kid's curriculum helps youth learn the basics of handling their money and finances. Equipping young people in their formative years with the basics of financial education can give them the knowledge, skills, and confidence they need to manage their finances once they enter the real world.

Instructor: Donnie Stallings

Ages: 13 - 18

January 22 - 25

4 - 5pm

Free

ADULT

Legends Basketball

The adult free play basketball program is designed to allow the adults within the community to partake in an entertaining, welcoming, and competitive game of basketball that helps gain the physical conditioning needed to keep the body limber and the mind young.

Instructor: Donnie Stallings

18 and up

Mondays & Wednesdays

6:30 - 8:30pm

Free

Early Morning Movers and Shakers

Keep active and stay young at heart as we work on cardio techniques together. This is for the early riser who likes to catch the early morning worm. Furthermore this will also give participants a chance to work on their conditioning.

Instructor: Donnie Stallings

18 and up

Tuesdays & Wednesdays

7:30 - 9am

Free

SENIORS

The Tone Rangers

This program is designed to allow community adults an opportunity to walk off pounds in a clean and safe environment. In addition to meeting new people at the same time we want to encourage that being healthy is the way to be.

Instructor: Yuleitha Cooper

Ages: 55 & up

Tuesdays & Thursdays in February

6 - 7pm

Free

"This N That"

Senior Game Day is a great way to get together with other locals 55yrs. and older and have some fun playing dominoes, cards, board games etc. We meet every 3rd Tuesday of the month, light refreshments will be provided.

Instructor: Haneefah Abdullah

Ages: 55y & up

3rd Tuesdays

11am - 1pm

Free

SPECIAL EVENTS

I Have a Dream Drawing

Creatively celebrate Martin Luther King Jr. Day. Centering on Dr. King's famous "I Have A Dream" speech, the project focuses on our dreams for the future. The drawings include the written 'dreams' of a cross-generational group. This will be a contest for all of the youth for the chance to win prizes sponsored by our booster club.

Ages: 5 - 12

January 14 - 18

4 - 5pm

Free

Here & Now

We are remembering the past to create a better future. Participants will put together a bulletin board with a list of 100 African Americans that have made a difference. They will also celebrate black history by introducing the purpose of it and some key leaders. In addition to making displays and or pictures and information surrounding the occasion.

Ages: 5 - 12

Mondays & Wednesdays in February

3:30 - 4:30pm

Free

OUTDOORS & NATURE

Nature Quest

This is a game in which participants are required to collect an assortment of miscellaneous items that will culminate with a prize each week. This program will encourage the participant to spend more time outdoors that will encourage the participants to have a new appreciation for nature. In addition to showing participants how they can become competitive.

Ages: 5 - 12

Each Friday in January

2:30 - 3:30pm

Free

Hook Kids

Built around the slogan "Getting More Kids Fishing" by providing on-shore fishing activities to engage kids in outdoor recreation, and teach the basic ecological concepts, fishing skills and new ways to enjoy the outdoors.

Instructor: Donnie Stallings

Ages: 5 - 18

Fridays in January

5 - 6pm

Free

Re-Creation Art

Kids will learn multiple dimensions of art through using what nature has given us. Using the many techniques of drawing by way of sketching, scrapping and designing the children will gain access to a whole new world.

Instructor: Haneefah Abdullah

Ages: 5 - 12

Wednesdays in January

3 - 4pm

SPORTS & FITNESS

War Eagle Fitness

This class will focus on cardiovascular fitness and muscular strength and endurance by offering challenging aerobic workouts. This class will also help you increase your energy level, improve your health and tone muscles in an aerobic workout minimal joint stress. Bring your own mat or towel for floor work.

Instructor: Marcia Wingfield

Ages: 30 and up

Friday, February 1

6 - 7pm

Free

Youth Basketball

Youth will participate in the county youth basketball program. Practices will be held Monday-Friday for various groups. Uniforms are included in registration fee. Please call for more in pertaining to actual times and days for practice.

Instructor: Volunteer Coaches

Ages: 5 - 18

Mondays - Fridays

6:30 - 9pm

Youth Cheerleading

Participants will cheer during county youth basketball program and take part in the annual cheer off. Youth will be taught the value of team work and sportsmanship. Additional cost applies for uniforms as well as banquet fees due apply.

Instructor: Volunteer Coaches

Ages: 5 - 18

Mondays & Wednesdays

6:30 - 8pm



Redan Recreation Center

1839 Phillips Road
Lithonia, GA 30058
770-484-2679

Facility Hours

Monday - Thursday 9am - 9pm
Friday 9am - 7pm
Saturday 9am - 3pm

Facility Staff

Torrance Brown, Center Director
Portia Perry, Center Leader

CULTURAL ARTS



African Dance

Program participants will dance to rhythms inspired by African music and story.

Level: Moderate to Advance

Ages: 6 and up

Tuesdays
7 - 8:30pm

\$5 per class

Line Dancing

Hip hop music will be combined with jazz to create a unique dance sound and dance opportunity.

Level: Moderate

Ages: All

December 3 - February 25
Mondays

6 - 7pm

\$5 per class

Ballet

Participants are introduced to ballet dancing. They will also learn the basic fundamentals of tap.

Ages: 3 & Up

December 1 - February 23

Saturdays

9:30 - 11am

\$35 per month

Hip Hop Dance

Participants will learn different Hip Hop dance moves and participate in competitions.

Ages: 6 & Up

December 3 - February 27

Mondays & Wednesdays

6:30 - 8:30pm

\$50 per month

HEALTH & WELLNESS

Aerobics

Participants will participate in various exercises and take part in nutrition classes.

Ages: 18 & Up

December 4 - February 23

Tuesdays & Saturdays

7:15 - 8:15pm

\$5 per class

ZUMBA

Latin Dance-Fitness fuses hypnotic latin rhythms and easy-to-follow moves to create a dynamic fitness workout.

Ages: 18 & Up

December 6 - February 28

Thursdays

7 - 8pm

\$5 per class

Walking Challenge

Walkers will keep track of the number of laps they walk around the track and monitor their improvement as time go on.



Ages: 17 & Up

December 1 - February 28

Mondays - Saturdays

9am - 9pm

Free

Jujitsu

This is a form of Karate that focuses on self-defense.

Ages: 3 & Up

December 4 - February 26

Tuesdays

7 - 8:30pm

\$35 per month

Track & Field Conditioning

Participants will start getting in shape for the track season.

Ages: 5 & Up

December 1 - February 23

Saturdays

9:30 - 10:30am

Free

KIDS CORNER

After School Program

After school helps with homework in a structured quality program.

Ages: 5-13

Mondays - Fridays

2:30-6:30pm

\$30 per week

Let's Move

Children will have fun doing different exercises to help promote good health. (30 minutes of moving)

Ages: 5-12

December 4 - February 26

Mondays - Fridays

Free

Arts & Craft

Your child will have the opportunity to express themselves while doing different craft projects.

Ages: 2-5

January 8 - February 12

Tuesdays

\$20

TEENS

Stone Mountain Holiday Field Trips

This fieldtrip is designed to help foster positive relationships with other teens and enjoy what Stone Mountain Park has to offer. (Pre-registration is required by 12/15/12)

Ages: 13-17

December 22

6 - 11pm

\$25

Snow Mountain Teen Trip

Teens can get together and go out and enjoy Snow Mountain while creating new friends. (Pre-Registration is required 2/1/13)

Ages: 13-17

February 9

Noon - 5pm

\$25

SENIORS

Sr. Drama

Seniors engage in fun dialog. They conduct plays and perform at different venues.

Ages: 50 & Up

December 3 - February 27

Mondays & Wednesdays

10 - Noon

Free

Line Dancing

Seniors can come enjoy dancing to different types of music while helping them to maintain a healthy lifestyle.

Age: 50 & Up

December 6 - February 28

Thursdays

10 - 11am

\$5 per class

Senior Arts & Craft

This class will consist of simple but great activities that can be completed and taken home on that day.



Age: 50 & Up

December 3 - February 25

Mondays

Noon - 1pm

\$20

Redan Recreation Center

1839 Phillips Road | Lithonia, GA 30058

CAREER DEVELOPMENT

H.E.A.T

This program focuses on risky behavior prevention, healthy relationships and character education.

Ages: 11-18

December 3 - February 25

Mondays

6-7:30pm

Free

Rhoer Club

Offer girls the opportunity to build self-esteem, learn about their heritage and develop the skills needed to be personally and academically successful.

Ages: 12-18 (Females)

December 3 - February 25

Wednesdays

6pm

\$ 90 Membership Fee

Life Skills for Teen Males

This program will show the teens how to be positive role models.

Ages: 11-18

December 1 - February 23

Saturdays

11- Noon

\$10

NATURE PROGRAMS

Nature Walk

Children will go a short walk through the nature trail. They will learn how to recognize different trees and animal life.

Age: 5-13

January - February

Thursdays

Free

Tobie Grant Recreation Center

644 Parkdale Drive
Scottsdale, GA 30079
770-484-2679

Facility Hours

Monday - Thursday 1 - 8pm
Friday 9am - 7pm
Saturday 9am - 3pm

Facility Staff

Jared Hudson, Center Director
Marjette Lindsay, Center Leader



SPECIAL EVENTS

Fitness Walking Workshop

Participants walk at their own pace through a mapped out course for 30 minutes to help build endurance, cardiovascular and activity for daily living.

Ages: 5-17
January 21
6:30pm
Free

Discover Decatur Van Tours & Trips

Take a tour through Decatur and visit various historical and popular sites.

Ages: 5-14
December 6 & 20
7pm
Free

SENIOR PROGRAMS

Senior Road Trip

Participants will take trips to shop and enjoy social activities with other senior participants.

Instructor: Marjette Lindsay
Ages: 55 & up
Tuesdays & Thursdays (Monthly)
11am - 2pm

ENVIRONMENTAL

4-H Club

The goal is to develop leadership, citizenship, public speaking and life skills in young people ages 9 to 19.

Instructor: Regina Peters
Ages: 5-14
2nd & 4th Wednesdays
6:30 - 7:30pm
Free

Environmental Field Trips

Participants will take field trips to encourage a green community (i.e. farmer markets, gardens, nature trails).



Instructor: Jared Hudson
Age: 5-12
February 12 & March 5
3 - 6pm
Free

4-H Health Rocks!

Health Rocks! Is a series of leader's curricula for a healthy living program aimed at 8 to 16 year olds, with the goal of bringing youth, families and communities across the United States together to reduce tobacco, alcohol and drug use by youth. This beginning-level Guide provides information and activities targeted at 8 to 12 year olds.

Instructors: Regina Peters & Jared Hudson
Ages: 8-12
Wednesdays
2:30 - 3:30pm
Free

ATHLETICS & SPORTS

Open Gym/Free Play Basketball

The gym will be available for patrons 14 years and older Monday through Thursday and Saturdays. This will give patrons in the community the opportunity to play basketball.

Instructor: Willie Mosley
Level: All
Age: 14 & older
Mondays - Thursdays 6:30 - 8pm
Saturdays Noon - 4pm
Free

Youth Basketball

The participants will practice no more than 3 hours per week and game's on Saturday each week. The Park District hires the YB referees; the coaches will continually provide instruction in basketball fundamentals in a positive and fun environment. All aspects of the YB will reinforce fun, instruction, and good sportsmanship in a positive environment.



Instructor: Willie Mosley
Ages: 5 - 18
Mondays - Fridays
5:30 - 9:30pm
\$25 Co-ed instructional League
\$65 Basketball (Full Uniform)

Youth Cheerleaders

The participants will practice no more than 3 hours per week and game's on Saturday each week. The coaches will continually provide instruction in cheerleading fundamentals in a positive and fun environment. All aspects of the YC will reinforce fun, instruction, and good sportsmanship in a positive environment.

Instructor: Allison Forts
Ages: 5 - 18
Mondays - Fridays
5:30 - 9:30pm
Cheerleader
(New Uniform) \$60
(Returning Uniform) \$25

LIFE ENRICHMENT

School's Out Mini Camp

An alternative for families on weekdays when there is no school. Each day will be filled with a variety of activities including arts & crafts, physical & recreational activities.

Instructors: Regina Peters & Marjette Lindsay
Age: 5 - 12
November 19-21
December 24-31
January 2-4 & 7
7am - 6:30pm
\$25/week each child or \$6/day each child

Super Stars Afterschool

A program that builds character, develops leadership, fosters growth in social and academic skills, and most importantly provides hours of fun and friendship for kids ages 5 - 12.



Instructors: Regina Peters & Marjette Lindsay
Ages: 5 - 12
Mondays - Fridays
2:30 - 6:30pm
\$15/week each child

Youth Chess Program

This program will engage youth in the game of chess and provide a positive alternative to risk taking behavior.

Instructor: Marjette Lindsay
Ages: 5 - 12
Thursdays
3 - 4pm
Free

Family Literacy

Volunteers from Literacy Volunteers of Atlanta lead weekly small group sessions to teach parents with low reading skills or limited English-speaking skills strategies that provide the next generation with the tools and experiences necessary to begin school successfully and provide young children with literacy activities to enhance reading comprehension, math, and science skills, as well as provide Basic Literacy and ESOL services to parents through classes and family mentors.

Mondays & Wednesdays
4-5:30pm
Free

The H.E.A.T Is On!

Youth empowerment program that reaches beyond youth development towards positively impacting the entire family unit and ultimately each child's community.

Instructor: Milton Brown
Age: 11-18
Thursdays
5 - 6pm
Free

CULTURAL ARTS

Youth Piano Program

This program provides opportunities for fun, motivation, and enjoyment of music. Lessons are structured in a group yet balanced format. Approved volunteers will make lesson fun as well as help the student advance on the instrument.

Ages: 5 - 12
Fridays
3 - 4pm
Free

Tobie Grant Recreation Center

644 Parkdale Drive | Scottdale, GA 30079

Berthella Fun with Reading Program

This program is a balanced schedule of reading and fun activities, based on the developmental levels of children, will be carried out. Through the use of books, props, various characters, guest readers and presenters to create a stimulating reading environment.

Instructor: Bertha Jackson
Level: Beginner to Intermediate
Ages: 5-9
February only
2nd & 4th Thursdays in the month of 4 - 5pm
Free

Boy Scouts of America

The BSA provides a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness.



Ages: 1st grade to High School
Mondays
4 - 5pm
Free

Creative Skills Class

This class will offer participants lifelong learning opportunities through art that will help build life skills that can be helpful in the areas of health, wellness, personal development, and much more.

Instructor: Tanisha Hudson
Age: 11-18
Tuesdays
5 - 6pm
Free

HEALTH & FITNESS

Healthy Living Choices Class

This class will be full of healthy lifestyle initiative's that will teach participants to make healthier choices. The class will focus on prevention and intervention techniques for nutrition and exercise education. There will be highly effective techniques to help develop social, cognitive, and leadership skills.



Instructor: Jared Hudson
Ages: 5 -12
Mondays - Fridays
2 - 3pm and 4 - 5pm

Personal Training 90 Day Challenge

A certified personal trainer will create a integrated personal fitness program that focuses on the client's specific needs and goals through one-on-one attention. Personal Trainers keep you motivated and help you safely attain results! Please call 404.508.7594 for a referral to our personal trainer.

Level: All
Ages: 10 & older
Mondays - Fridays
4:30 - 5:30pm
30 minute sessions
(Limited to 5 approved clients)
Free

1000 Miles of Walking

This program promotes fitness through walking, and building endurance.

Instructor: Marjette Lindsay
Ages: 12 & older
Tuesdays & Thursdays
5 - 5:30pm
Free

SPECIAL EVENTS

Healthy Choices Grocery Shopping Workshops 2013

Join us during January, February and March 2013 as we explore the grocery shopping world. Check with center for dates and times. Free to attend.



ENVIRONMENTAL Community Garden Program

The DeKalb County Government seeks to promote healthy eating and active living in DeKalb through community Gardens in the Parks known as Gardens in the Parks program. In addition, community gardens bring people of all ages and abilities together, to enjoy healthy living, recreation and social activity regardless of cultural, social or economic background.

Tucker Recreation Center

4898 LaVista Road
Tucker, GA 30084
770-270-6226

Facility Hours

Monday - Thursday 10:30am - 8:30pm
Friday 9am - 7pm
Saturday 9am - 3pm

Facility Staff

William Smith, Center Director

Phoenix Taekwondo/Karate

This class is for building on self-discipline and you learn self-defense and provide motor development.

Fee: \$105 per month

Day	Age	Time
Mon.	4-6	3:45-4:30pm
	7-11	4:45 - 5:30pm
	12 & up	5:30 - 6:15pm
Tues.	4-6	3- 3:45pm
	7-11	4- 4:45pm
Wed.	4-6	3:45 - 4:30pm
	7-11	4:30- 5:15 pm
	12 & Up	5:15 - 6pm
Thurs.	4-6	4- 4:45 pm
	7-11	4:45 - 5:30pm
Fri.	4-6	3:45- 4:30 pm
	7-11	4:30- 5:15 pm
Sat.	4-6	10 - 10:45 am
	7-11	10:45- 11:30am

Taylor Academy of Fine Arts - Acting

Students will explore the craft of acting in a conservator approach that involves exercises scenes work and theatre games designed to develop performance skills and technique.

Fee: \$110 per month

Day	Age	Time
Mon.	6-8	5- 6:30pm
Tues.	9-Up	7- 8:30pm
Sat.	6-8	1- 2:30pm

Drama Kids International

A unique kids' acting program recognized for its creative drama curriculum and teaching methods that are great fun and highly developmental for all children. Classes increase confidence, self-esteem, and verbal skills of all students.

Fee: \$45 per month

Day	Age	Time
Wednesdays	6-11	3:15-4:14pm
	5-8	6-7pm
	9-12	7- 8pm
Fridays	5-8	5- 6pm
	9-11	6- 7pm

Taylor Academy of Fine Arts- Dancing

Tap, Jazz, Hip-Hop, Salsa, and Ballet

Fee: \$100 per month

Day	Class	Age	Time
Mondays	Creative movement/Ballet/Tap	3-4	3:30-4:30pm
	Ballet	6- Up	4:30-5:30pm
	Hip Hop	Teen	5:30- 6:30pm
	Hip Hop	16-Up	6:30-7:30pm
	Hip Hop	16-Up	7:30-8:30pm
Tuesdays	Creative Movement/Hip Hop	3-5	3-4pm
	Combo	6-10	4-5pm
	Hip Hop	16-Up	6- 8pm
Wednesdays	Tap	6-Up	3:30- 4:30pm
	Ballet	10- Up	4:30- 5:30pm
	Tap	10-Up	5:30- 6:30pm
	Dance Conditioning	10-Up	6:30- 7:30pm
	Hip Hop	16-Up	6:30- 8pm
Thursdays	Jazz	8-Up	6-7pm
	Latin Dance(Salsa/Bachata)	Adult	7- 8pm
Saturdays	Creative Movement (Ballet/Tap)	3-4	9:30-10:30am
	Ballet	10-Up	10:30 -11:30am
	Jazz/Lyrical	10-Up	11:30am - 1pm
	Ballet	6- Up	1-2pm
	Tap	8-Up	2- 3pm
	Company Rehearsals	Company	9am-4pm

Tucker Elite Gymnastic

Gymnastic classes are focused on learning all fundamental of building self-esteem, strengths, flexibility, motor skills and routines to music. Plus we have teams that compete in National Events.

Day	Age	Time	Fee
Tuesdays	Level 1 5-7 8-10	5:30 -6:30pm 6:30 -7:30pm	\$50
Thursdays	Level 1 5-7 8-10	5:30-6:30pm 6:30-7:30pm	\$50
Fridays	Level 1 3-4 4-5 Level 2 8-10 7-10	10:30-11:30am 4 -5pm 5- 6pm 6- 7pm	\$50

Day	Age	Time	Fee
Mondays	5-7	5:30-6:30pm	\$60
Mondays & Thursdays	5-7	5:30-6:30pm	\$110
Mondays & Thursdays	8-12	6:30-8:30pm	\$140
Tuesdays	5-7 8-12	5:30-6:30pm 6:30-7:30pm	\$60
Thursdays Tumble for cheer	8-12 10-18	6:30-8pm 6:30-8pm	\$75

Day	Age	Time	Fee
Mondays	Parent & Tot Pre-School Tiny Tot Pre-Team Girls Level 1 Girls Level 2 Cheerleading Tumbling	10:30am 3:30pm 4:30pm 4:30-6pm 4:30pm 5:30pm 5:30pm 6:30pm	\$50
Tuesdays	Tiny Tot Home School Girls Level 3 Boys Level 1 Boys Level 2 Tramp/Tumbling 1 Tramp/Tumbling 2 Beg. Tumbling Boys team	11:30am 1pm 5:30pm 3:30pm 4:30pm 5:30pm 6:30pm 4:30pm 4:30- 6:30pm	\$50

Tucker Elite Gymnastic (cont.)

Gymnastic classes are focused on learning all fundamental of building self-esteem, strengths, flexibility, motor skills and routines to music. Plus we have teams that compete in National Events.

Day	Age	Time	Fee
Wednesdays	Tiny Tot Pre-Team Girls Level 1 Boys Level 2 Tramp/Tumbling 2 Cheerleading Beg. Tumbling	11:30am 4:30- 6:30pm 4:30pm 5:30pm 5:30 pm 6:30 pm 5:30 pm	\$50
Thursdays	Parent & Tot Pre-School Tiny Tot Home School Girls Level 1 Girls Level 2 Girls Level 3 Boys Level 1 Boys Level 2 Tramp/Tumbling 1 Tramp/Tumbling 2 Advance Tumbling Boys Team	10:30pm 3:30pm 4:30pm 1pm 4:30pm 5:30pm 5:30pm 4:30pm 5:30pm 4:30pm 6:30pm 6:30pm 4:30- 6:30pm	\$50
Fridays	Parkour	4:30pm	\$50
Saturdays	Pre-School Tiny Tot Girls level2 Boys Level2 Tramp/Tumbling 1	9:30am 10:30am 9:30am 10:30am 11:30am	\$50

Girl Scouts Store

Get gifts, uniforms, books, awards and other wonderful items!

OPEN SATURDAYS
10am - 2pm
Tucker Recreation Center

Ladies Dreaming Big Mentoring Program

(Formerly Ladies Elite)
Young Ladies will have fun while they are learning about peer issues such as drug/alcohol-tobacco use/abuse, family dynamics, effective communications, goal setting, job readiness skills, etiquette, self-esteem and a variety of other issues.

Ages: 11-17
1st Tuesday of the month
5 - 6pm
Free

Pilates/My Fit 101

A body-conditioning technique designed to stretch, strengthen and balance the body. Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Excellent for improving posture, strength and flexibility and aligning the body correctly, Pilates also teaches coordination, concentration and control of the body.

Ages: 18 and up
Tuesday & Saturdays
11am - Noon
\$60 per month

The Answer Service

Tutoring for after school offering tutors/teachers to help students with their homework; our goal is to help students understand their school work, learn critical thinking and reach their maximum level in terms of academics.

Ages: 5-18
Mondays - Saturdays (Reading Program)
6 - 8pm
\$35 per hour

BINGO

The Game manages bingo games. It registers players and generates the cards that they play with, starts and stops games, announces the balls as they are chosen from the bag of balls, verifies winning cards, prevents players from being a nuisance, and provides status to game listeners.

Ages: 50 and up
2nd & 4th Tuesdays
10:30am - Noon
Free

Art for Youth: Piano

Learning to play the piano is great for all ages. Learn note identification and rhythm. Our piano lessons will have many sub-parts.

Ages: 7 and up
Free (Supply fee will apply)
Thursday
6:30-7:30pm
Limit: 10 Students

Scrabble

Seniors participate in a game of scrabble that utilizes the mind for fun word matching.

Ages: 18 and up
Saturdays
9am - 3pm
Free

Simply Astonishing Seniors

Seniors who participate in weekly socializing while playing bridge, also seniors who participate in low impact aerobics class.

Ages: 55 and up
Mondays and Fridays
10:30 - 11:30 am
Free

ZUMBA

Latin Dance-Fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba Fanatics achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!



Ages: 18 and up
Tuesdays & Thursdays
5 - 6pm & 6 - 7pm
\$50

The Hearts of Men Foundation

The Hearts of Men Foundation is a nonprofit organization focused on advancing the lives of underprivileged teenagers in the field of education, health and human services, and the arts. We offer education assistance to family members of youth and others in the values and practices of philanthropy, community service, and stewardship; and seek to build a sense of community in the community in which they live. The Hearts of Men Foundation, founded by Travis Hunter in 1999, forges links between the worlds of the underprivileged, to the world of productive citizens making a valuable contribution to society.

Ages: 16 and up
Mondays-Saturdays
10am-2pm
Free



DEKALB COUNTY RECREATION, PARKS & CULTURAL AFFAIRS

DeKalb County CEO Burrell Ellis

School's Out Mini Camp

Join us when school's out

7:00 am - 6:30 pm | Ages: 5-12

COST: \$25 per week or \$6 per day (Each child must bring a lunch and snack)

CAMP DATES

December 24-31 (Closed 12/25 for Christmas Holiday)

January 2-4 & 7

March 8

April 8-12 (Spring Break)

May 24 & 28-31



*Appropriate camp attire is suggested for each participant.

*Cost payable by cashier's check or money order only; no cash accepted.

FOR ADDITIONAL INFORMATION OR TO
REGISTER CONTACT THE RECREATION
CENTER OF YOUR CHOICE.



SPRING CLASS REGISTRATION

February 18 – March 2 (Session 1)

April 1 – 13 (Session 2)



Check with your recreation center for a list of classes and fees or visit www.dekalbcountyga.gov/parks

CAMP SUPERSTARS

Where every camper is a star!

JUNE 3 – JULY 26
Monday – Friday
7:00 am – 6:00 pm
Ages: 5 – 15
\$55 per week

Day camps are available at all recreation centers
 Breakfast & Lunch provided to all campers

REGISTRATION BEGINS FEBRUARY 2nd
 Visit www.dekalbcountyga.gov/parks for more information

Activities include:
 Swimming
 Arts & Craft
 Cultural Arts
 Nature Activities
 Sports
 Field Trips



2013 DEKALB COUNTY TRACK & FIELD

Registration Dates

Now – March 1, 2013

Register at any DeKalb County Recreation Center

Registration Fee (includes track shirt and shorts)

\$40 per child before March 1, 2013

\$50 per child after March 1, 2013

Ages: 5-14

* Only 7-14 year olds qualify for GRPA District and State Meets

Age control date: December 31, 2012

Birth Certificates must be submitted at the time of registration.

Middle School runners are NOT eligible to participate.

Practices will begin in February 2013

DEKALB COUNTY RECREATION, PARKS & CULTURAL AFFAIRS



If you would like to receive this guide and/or other information about programs or special events electronically please submit your email address to dmcribb@dekalbcountyga.gov or lstrice@dekalbcountyga.gov.